Chichester HERALD

Friday 20th & 27th December 2013
YOUR FREE WEEKLY NEWSPAPER

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INSIDE

How to be a real humbug this Christmas
ALLIS MOSS
Page 14

Chichester Merry Christmas

Celebrate Christmas in Chichester
PULL-OUT
Page 19

Win tickets to see The Hobbit
COMPETITION
Page 26

Site gets the go ahead

>> *Full Council approves plans for transit site in Chichester*

Nine short-stay pitches are set for Westhampnett

Dean Adams
NEWS@CHICHESTERHERALD.CO.UK

A FULL COUNCIL MEETING of Chichester District Council this week (Tuesday) agreed to move forward with plans for a short-stay transit site for travellers at its Westhampnett Depot.

Councillors agreed to enter into a multi-agency partnership agreement with councils across West Sussex and Sussex Police for the site in a bid to manage and reduce unauthorised encampments.

Planning permission will now be sought to change the use of the land from depot use to use as a transit site to accommodate up to nine short stay pitches. There will be a consultation as part of the planning process. The plans are likely to go before the council's Planning Committee in April or June 2014.

The council will work closely with Westhampnett Parish Council and the community on the plans.

Councillor Heather Caird, Leader of Chichester District Council, says: "We completely understand that Westhampnett residents have concerns and we will work closely with them and the parish council to make sure all their concerns are addressed and to keep them informed of developments.

"As part of the planning process we will undertake a full engagement process with all affected parties.

Continued on page 3

MORE HEADLINES >>

EX TEACHER JONATHAN O'BRIEN CONVICTED OF SEX ABUSE *Page 3*

SPECTACULAR WEEK OF DRAMATIC PERFORMANCES *Page 10*

QUEEN'S MEDAL FOR WEST WITTERING BEACH HERO *Page 13*

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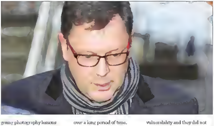
Local News

Ex-teacher Jonathan O'Brien convicted of sex abuse



A FORMER teacher has been convicted of carrying out a series of sex offences while he worked at private schools.

Jonathan O'Brien, 55, of Bosham, West Sussex, was found guilty of 17 counts of indecent assault and five of gross indecency at Chichester Crown Court.

Jurors cleared him of four assaults on the direction of the judge, who said two other charges were to lie on file.

The court heard he targeted boys aged 10 to 16 at schools in Worcestershire and Oxfordshire in the 1980s.

During the trial, jurors heard O'Brien abused "clever, slim, blond, blue-eyed, sporty boys" at Winterfold House School in Worcestershire, and The Oratory School in Oxfordshire.

Prosecution lawyers said O'Brien was a "charming, convivial and attractive man outside of the school environment" and someone who would "easily dazzle those he met".

The court heard the teacher abused pupils at Winterfold in a darkroom under the guise of giving photography lessons.

But jurors heard it was "ideal" for O'Brien's purposes because it had a lock on the door and a warning sign outside.

After the hearing, Det Sgt Steve Cook, from West Mercia Police, said O'Brien had engaged in systematic abuse over a long period of time.

He said: "In doing so, he also disgracefully abused the position of trust he was in and that was particularly relevant in this case as he was teaching in boarding schools where the children were away from their families and had nowhere else to go.

"He exploited their vulnerability and they did not feel at that time that they could come forward because – they wouldn't be believed. Now they are extremely relieved that this has come out into the open."

Sentencing was adjourned to 7 February while reports are prepared.

Let us know what you think @Chiherald

Mystery of man's body found on beach

A MAN'S body has been found on a beach near Pagham.

Officers were called to the beach at the end of Dark Lane, Aldwick, Bognor, at 11.35am on Wednesday after the man's body was discovered by a dog walker.

The man was white, aged between 50 and 60 and had white hair and a well trimmed short white beard.

He was wearing black corduroy trousers, a long sleeved thin black sweatshirt, black socks and brown Blue Harbour deck type shoes.

One of the shoes was on, and the other was found 20 metres from the body.

He was also wearing a yellow metal band on the fourth finger of his right hand.

He is thought to have been in the sea at some stage before his body was found.

The death is not being treated as suspicious but there is nothing on the man's body to help identify him.

Detective Constable Andrea Watts said: "If you think you know who this man is, please contact us on 101 or email 101@sussex.pnn.police.uk quoting serial 393 of 11/12."

Continued from page 1

"It is a delicate balance we are facing. We have to balance the needs of the local community and the needs of the gypsy and traveller population.

"Our district alone had 51 unauthorised encampments in the past year and there were more across the county which incurred significant cost and disruption to the taxpayer and local land owners. Research and evidence shows that a transit site is the best solution. We believe that this transit site is the best solution to assist with the problem of unauthorised encampments as it will provide an appropriate stopping site for the gypsy and traveller community, reduce disruption to our local communities and provide the police with greater powers to take action."

Following the introduction of a similar site, East Sussex has seen a significant reduction in the amount of unauthorised encampments and it is hoped that this could be replicated in West Sussex.

All West Sussex councils have been looking for a suitable site that could be used for this purpose. As part of Chichester District Council's redevelopment of its Westhampnett Depot, it identified half an acre of land that could be used to accommodate nine short-stay pitches. The site has been identified as a suitable location, due to its proximity to main roads and amenities.

All councils across the county will share the costs of providing the scheme and West Sussex Council would be responsible for running the site and developing the multi-agency enforcement protocols. It is also hoped the scheme will attract grant funding from the Homes and Communities Agency.

Anorak Corner

Interesting snippets of information about Chichester

Kingley Vale has a rich and diverse heritage with remains of a Roman Temple, Iron Age settlement site known as Goosehill Camp, the Devil's Humps Bronze Age round barrows and prehistoric flint mines.

Tweets of the Week

All tweets are from Chichester people or about the area (Some tweets may contain errors) **Let us know what you think @Chiherald**

@JustineGrove
Well Done to the Chichester Dancers for our first Christmas show tonight! CHRISTMAS TIME!!!!

@charlotte1894
First experience of thursdays chichester #messynight #hungoverwednesday

@YourSouthend
A steam train will be departing Southend Central train station tomorrow morning at 8 24am heading to Chichester

@Discover_Chi
The Holidays are Coming and so is the Coca-Cola Truck, East Street, Chichester Fri 20 Dec 1-9pm Photo ops and free cans of Coca-Cola!

@BillieRaePhoto
Witterings with the dogs resulting in Angus walking off a sand dune and falling off a dune.

@SamKelly51
Love to be in beautiful Bosham this evening No reason - just love the place...

@STWHChi
Congratulations and a huge well done to all the volunteers at our Selsey shop which has just celebrated its 20th anniversary

@nckwheeler63
Fantastic night. Let's see if we can do the same tonight at The Real Selsey!

@astonmartin
Our run-down of the most popular images of 2013 continues - DB8 at Goodwood was always going to be a favourite!

@EmmaHaines21
Still shattered after brill Christmas Games at Chichester RDA yesterday Congrats to all riders and volunteers!

It won't be until March that I write one, but I'll still inadvertently put "2013"

Tommy Boyd
Legendary TV and radio personality

QUOTE OF THE YEAR

Peter O'Toole said he was so drunk he didn't find out President Kennedy had been assassinated until 1985 His drinking partner Richard Harris once saw a photo of himself standing next to a Rolls Royce and phoned his ex-wives to ask if it was his Turned out it was and it had run up a £95000 storage bill Harris was once found by a policeman face down in Soho When asked if he was okay he replied I understand the earth revolves once every 24 hours, I'm just waiting for my house to come past"

NEW YEAR HONOURS

Why are only men knighted! It's 2014 for Heaven's sake (nearly) I know top women get to be a' Dame', but it doesn't cut the same dash "Sir" speaks of superiority courage and panache A 'Dame' is panto Then there's that song about "There is nothing like a Dame" they sang on that Morecambe and Wise with the newsreaders

THE FUTURE

When we bought our Christmas tree I asked the man if business was good "No" he said, People are buying the new fake ones which look good these days, and should last twenty years" They cost about £200 the best artificial ones but blimey you can't tell they're fake Paid £50 for our five foot real one

Peter O'Toole, 2 August 1932 – 14 December 2013

END OF ANOTHER ERA

So there goes another childhood fixture REAL Christmas trees Along with conkers and hopscotch Kicking a football around on a bit of grass Sleep-overs will be next to go hopefully then Bonfire night – fireworks should be for celebrations weddings, birthdays

RESOLUTIONS FOR OTHER PEOPLE

Not asking me all December "Are you all set for Christmas!"

Middle class middle aged men to cycle in single file on Sunday mornings

PREDICTIONS FOR 2014

The Coalition breaks up the Lib Dems looking to put daylight between themselves and the Tories with an election looming Cameron will try to manipulate a Tory defeat on an issue that will endear him to UKIP voters guess which issue?

Man U for the Premier League

I hardly ever write cheques these days so it won't be until March that I write one but I'll still inadvertently put "2013"

MERRY CHRISTMAS AND A HAPPY NEW YEAR

To The cheerful young staff in my local One Stop the bus driver (No 60) who always has a chat all the Starline drivers who are Pompey fans the man in Chichester Railway Station who is a fan of Winnebagos and always has a chat Patrick and Sophie in The Ship the man in The One Legged Jockey who had a copy of my first book on his counter he wanted to show me he'd bought many years ago but when someone came in and asked how much it was he sold it to him (for £4) Jamie who cuts my hair and likes a chat about golf all the Messam crew The women who washes cars in the Northgate Car park all day and always smiles and waves and has a chat

Contact Tommy: ***tommy.boyd@chichesterherald.co.uk***
Follow Tommy on @TheTommyBoyd

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Chichester Herald is a free weekly newspaper available for all selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**

Distribution locations include Tesco Sainsbury's Waitrose Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Cineworld newsagents One Stop Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

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Chichester man pleads guilty to benefit fraud

A CHICHESTER MAN has been ordered to undertake 80 hours of community work after falsely claiming more than £3,400 in benefits

Paul Evans (43) formerly of St Pancras, Chichester, claimed Housing Benefit to help with the rent when he moved into the Coach and Horses in St Pancras, Chichester, in July 2010.

He vacated the property in June 2011 but did not inform Chichester District Council and continued to claim Housing Benefit until the fraud was uncovered in December 2011. In total he received £3,440.58 to which he was not entitled

Mr Evans originally appeared at Chichester Magistrates Court on 3 September 2013 and pleaded guilty to one charge of failing to promptly notify Chichester District Council of a change in circumstances that he knew would affect his benefit claim. On Tuesday 10 December he was sentenced to 80 hours of community work to be completed within one year. He was also ordered to pay costs of £85 and a victim surcharge of £60.

Chichester District Council will seek to recover all the overpaid benefit.

Councillor Tony Dignum, Cabinet Member for Finance at Chichester District Council, says "This case highlights the fact that theft from the public purse – money belonging to the community – will not be tolerated. The benefits system is there to help those most in need, not those who want to abuse it by claiming money they are not entitled to

"I cannot stress enough how important it is for people to let us know if there is any change in their circumstances so our officers can check to see if it may affect their benefit entitlement. People often remember to do so if their circumstances change for the worse but if they improve they need to tell us as well

"Benefit fraud is a very serious crime and we will continue to prosecute those people guilty of it."

If you suspect anyone of committing benefit fraud you can contact the council's investigation team on a confidential 24 hour fraud hotline number on 01243 534590, or you can report it online

Locals amongst charged with drink-related driving offences

ANOTHER 18 people have been charged with drink-related driving offences across Sussex – with two from the local area

The latest cases bring the total number of people ordered to appear in court to 48 since Sussex Police's drink and drug campaign started on December 1.

Chief Inspector Natalie Moloney said: "We know that there are a group of drivers who do not believe the drink-drive limit is there for them but I still feel sad and frustrated when so many people are being charged with offences

"Drink and drug driving makes the roads of Sussex more dangerous for everyone. Clearly some are not listening or are choosing to ignore our attempts to educate them through our warning campaign. They need to know that we will make every effort to find them and get them off the roads."

Chelsea Potter, 21, was arrested at 1am on Sunday in Little London, Chichester, after officers pulled her vehicle over

Potter, of East Row, Chichester, was charged with drink driving and released on bail to appear at Worthing Magistrates' Court on 4 February

Neville McNair, 47, was arrested at 1.50pm on Thursday after a crash on the A27 at the Tangmere roundabout.

McNair, of Brighton Road, Worthing, was charged with failing to provide a specimen for analysis and released on bail to appear at Worthing Magistrates' Court on 7 January

Arturs Mukans, 22, was arrested at 12.15am on Sunday after a car was seen driving in a bus lane in High Street, Bognor Regis

You can text officers on 65999 with the details of people you suspect of drink or drug driving, along with their car make and registration number

To report anyone driving antisocially visit www.operationcrackdown.co.uk

If you know someone is driving after drinking or taking drugs call 999

Police seek witnesses to street fight

POLICE are seeking witnesses to a late-night fight in Bognor High Street.

At about 1am on Thursday 5 December a dispute broke out between two groups of people, apparently over a taxi hiring, in the High Street outside McDonalds

A 29-year old woman and a 24-year old man received cuts and bruises for which they received treatment at St Richards Hospital, Chichester

Three Bognor man, aged 25, 18 and 27, and a 23-year old Chichester man, were arrested on suspicion of causing actual bodily harm, and were later released on police bail until 6 January while enquiries continue. The 18-year old was also treated at hospital for cuts and bruises

Amber Wilson of the Chichester Response Investigation Team said "If you saw anything of what happened, please contact us via 101 or email contact.contre@sussex.pnn police.uk quoting serial 0045 of 5/12. You can also call the independent charity Crimestoppers anonymously on 0800 555 111.

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Savings Plan consultation launched and Council may freeze tax for the fourth year running

WEST Sussex County Council was told this week that it will be asked to approve a council tax freeze for the fourth year running at its budget meeting in February.

And, a public consultation was launched today into the Council's savings plan for the next two years.

County Council Leader, Louise Goldsmith, said: "We are working towards another tax freeze as part of our budget plans, and I am sure that this will be welcomed by the majority of our residents.

"I am confident that we can make the savings we need through greater efficiencies and re-structuring some of our services to ensure they continue to meet people's needs.

"Times are hard. Not only for the council but also for our residents who put us here in this chamber, and who expect us to treat every pound we spend as carefully as it was earned.

"We must not forget the burden of council tax on our residents. It's the only bill that people don't have a choice about who they pay it to and I'm very aware of that.

"So, as long as working families are not seeing an increase in their weekly income, then we should not and will not ask them for more."

Cabinet Member for Finance, Michael Brown, told the meeting that if the budget was approved: "It will mean that until March 2015, council tax for West Sussex County Council services will still be levied at the rate first voted on in this chamber in February 2010.

"I believe that the money can do more economic good when spent by West Sussex residents than by the County Council on their behalf."

If the County Council does approve a tax freeze, it would mean the average Band D taxpayer will continue to pay £1,161.99 for services delivered by the County Council.

West Sussex County Council also today officially launched a county-wide consultation into the savings plan at the meeting.

It has been estimated the County Council will need to save in the region of £140m over the next 4 years, with the scaling back of financial support from Government being a major factor as it looks to tackle the national deficit – that's roughly £174 for every single resident, from newborn babies to working age adults, pensioners and everybody in between.

The plan put before Councillors sets out how £61 million could be saved over the next two years.

Residents, local organisations and businesses are being invited to give their views on these proposals ahead of the final decisions being made in February.

The consultation, called 'Money matters – have your say' is now open and available for people to complete online at www.westsussex.gov.uk/haveyoursay

Copies are also available at libraries across West Sussex.

To have your say, visit www.westsussex.gov.uk/haveyoursay

The consultation is open until Sunday, January 19.

• COUNCILLOR Alan Chaplin has stepped down as Mayor of Chichester with immediate effect.

This decision has been taken for purely personal reasons.

Councillor Chaplin wishes to thank fellow Members and Council officers for their support and advice since May 2013.

A Special Meeting of the City Council will be held early in the New Year (date to be advised) to elect a Mayor to serve out the remaining period of office until the Annual Meeting of the City Council in May 2014.

Former Mayor, Richard Plowman, who is also Chairman of the City Council's Finance Committee, said: "We very much respect Alan Chaplin's decision to stand down as Mayor, it must have been a difficult decision to make. We would like to thank Alan for his work in the exacting and demanding role as Mayor. However, we do welcome Alan's decision to carry on as a City Councillor as he has a wealth of experience on housing and planning matters which will be in much demand."

20th anniversay lunch for St Wilfrid's Hospice Selsey shop volunteers!

THE ST WILFRID'S Hospice shop in Selsey was closed on Friday 13 December as the fantastic team of volunteers had a special celebration lunch to mark its 20th anniversary. The shop first opened its doors on 13th December, 1993 and has been raising much-needed funds for the Hospice ever since.

The shop is entirely volunteer run, with a team of 25 including the two managers. The lunch took place at The Seal Hotel, Selsey with nearly all of the volunteers attending as well as the Chief Executive Alison Moorey, and three of the Hospice's trustees Michael Bevis, Peter Stoakley and Angela Wormold.

Several of the volunteers were presented with Long Service awards, including seven who have been at the shop since its first day. Trustee Peter Stoakley, who presented the awards, said: "It's an honour and a privilege to spend time with such a wonderful group of people."

Shop managers Rose Blunden and Fiona Pugh were presented with a plaque to hang in the shop to mark the occasion.

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Learning about disability – JustDifferent visit to Midhurst & Rother College

THE EARLIER young children and young people begin to learn about disability, the more likely they are to just accept it as a normal part of the world they live in. Jacqueline Wilson, children's author

Disability and difference were recently the subject of a presentation to Students and Staff at Midhurst & Rother College when they welcomed executives from JustDifferent, a charity which aims to increase everyone's understanding about the challenges faced by those with disabilities.

JustDifferent delivered a workshop which has been carefully designed for students in Year 11; it included real life story telling, presentations and a question and answer session.

The workshop was led by Alison Wright who was born with short arms as a result of her mother taking a prescribed drug called Thalidomide during the early stages of pregnancy. This however has not stopped Alison achieving many things in life including silver medals in the Paraplegic Games in the 1970's for running, table tennis and high jump. She also won numerous awards at competition level in horse riding.

Alison said: "We know that the sooner children and young people learn about disability and difference, the more likely they are to accept people like me, as they get older. We aim to create better understanding of disability issues, give children and young people the chance to ask questions about disability – and have fun!"

Said student: "Alison really opened our eyes to the realities and prejudices that people who are not as able as we are face."

JustDifferent works in both primary and secondary schools and over the last year has run more than 949 workshops reaching over 27,604 children and young people across the country.

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Spectacular week of dramatic performances

Pupils from The Prebendal in 'Cider with Rosie'

A CAST of 42 pupils amazed audiences at The Prebendal School in Chichester with their week-long production of 'Cider with Rosie'.

Children in Years 7 and 8 took to the stage at the end of November in a dramatic ensemble piece.

The 1959 novel is an account of author Laurie Lee's childhood in the period soon after the First World War.

Head of English, Rob Brittain, said: "Everyone on stage and behind the scenes worked so hard to make this production a success. It was a delight to organise and the audiences certainly appreciated each performance."

Head Master, Tim Cannell, said: "The children worked extremely hard on this production and it really showed in their performances."

Shopping, routine and turkey

Is a Snowball your favourite Christmas drink?

Dean Adams

Columnist

AS I WRITE this column, it's Thursday 19 December and I have yet to start my Christmas shopping.

Typical man? Busy? Or just very disorganised? Certainly the latter two for sure.

I did try and venture out a couple of Saturday's ago but one man, a nearly 1 year-old and a push chair didn't mix well with a busy Chichester city centre and their Christmas market.

It's brilliant to see the centre so buzzing but it was so impossible zigzagging through the shoppers and forcing my way into shops. I couldn't even get into a coffee shop for a pitstop.

How do other men and a baby do it?

I need to start shopping but I still have 5 days to go – so let's not panic.

Let us know what you think @Chiherald

Christmas Day routine

CHRISTMAS DAY. It goes something like this.

Wake up, shower, have family round for smoked salmon bagels breakfast, open early presents, tuck into a mince pie and early bucks fizz then prepare for dinner. Eat too much turkey, then try all 4 puddings before feeling sick. Open main presents with family. Watch Elf and Only Fools and Horses before having a few snowballs. Then left overs for tea before hitting the cheese and biscuits and brandy.

See you in the gym!

Last week's emails...

I ENJOYED reading some of your emails about your favourite Christmas songs this week based on the nation's top song list and mine in last week's paper.

It's hard to choose from so many classics isn't it? But I tell you where you can't go wrong, buy Michael Buble's Christmas Album – it's brilliant.

Curry at its best

I POPPED along to see Michael and his team at India Gate on the A259 Bognor to Chichester road this week. If you need Indian food at its best go and see them because you get personality, service and great food – something that lacks from many establishments during tough times. But I enjoy going back to India Gate.

• Thank you...

As we come to the end of 2013, I would like to say a massive thank you to all our readers and local businesses that have supported us this year. The feedback we receive is always very welcome and some of it really does make our day. I have a small but amazing team of people working towards making this newspaper what it is but we can't do it without your news and stories so please contact us with anything of public interest.

Thank you all for 2013 and here's to 2014. Enjoy!

Photo of the week

#Chichesterphoto

Boat Trader @BoatTrader 18th December
Boating's not just for Labs! 5-year-old English bulldog Boyse enjoys Lee Croft's bowrider in Chichester Harbour pic.twitter.com/wHDqHa4Eb7

Win a meal for 2 at Murrays

Murrays

Chichester Herald in partnership ... fabulous meal for two people ...

The Chichester Herald will ... competition sponsored by M... every week where you have to ...

For your chance to win this ... please answer the following photo question ...

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition email your answer name address and contact number to **news@theshiphotel.net**

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Tel +44 (0)1243 778000 E... ...ines@theshiphotel.net

Entries close on Wednesday 01st January 2014 at midday. The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept on file. Last week's answer was: Petworth Park/House

A Hero For Our Time—Lee Ingleby stars in a new spin on the legend of Robin Hood: 'Noble Secrets'

Allis Moss finds out more from its creator Iain Meadows

A copy of the CD plus the cast: (Back Row) Anthony Miles (Robert De Loxley), Peter Greenall (Little John) and Lee Ingleby (Philip De Nicholay)
(Mid Row) Harriet Kershaw (Cedha) Damian Cooper (Scarlet) and Sarah McKendrick (Marian)
(Front Row) Iain Meadows, Sean Connally (Brother Tuck) and Billy Miller (William De Warrene and Thomas De Roshlard)

IT'S PANTO TIME and in the best tradition of storytelling, one of our most famous heroes is back, ready to take up arms in the fight of good against evil, in this case the villainous top dogs who are oppressing the poor.

Yes, it's none other than our old favourite, Robin Hood.

But who exactly is Robin? Well, without wanting to spoil the plot for you, let's put that one on ice.

Let's just say that the star is Lee Ingleby, known to millions as Stan Shunpike in Harry Potter and the Prisoner of Azkaban.

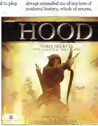
But for now, Ingleby has left the Potter Knight Bus behind and taken up residence in Nottingham Forest for a Robin Hood yarn with a difference. 'Hood: Noble Secrets' is an audio book that fans say transports the listener via its vivid soundscape back in time to the days of the outlaws. In it, Ingleby is Philip de Nicholay, and de Nicholay is in love with a French wench called Maid Marion.

It is a production from Chichester radio producer Iain Meadows, who was thrilled when Lee Ingleby agreed to play the lead.

"We have lots of chases, battles in forests and tender moments through the course of the adventure," explains Meadows. "I've seen Lee play both gentle and dangerous, and for the character of Philip, that's exactly what was needed."

Meadows himself was influenced to write the story by his 12 years living in Fishbourne.

"When I arrived in Chichester, I was immediately taken with its rich history—and the cathedral," he recalls. "When you look at it and walk around it and the cloisters, inevitably your mind is taken back to that rich time when it was built, in the glory days of religious fervour and a desire to please God. It always reminded me of my love of medieval history, which of course, brings us back to Robin Hood!"



His reverence for classic audio productions was another reason to revisit Robin. "I was captivated by listening to the Hitchhiker's Guide to the Galaxy, which was brilliantly produced, in part, by Simon Brett, who now writes splendid crime novels and lives in one of my favourite parts of West Sussex—Arundel—and also hearing Dirk Maggs' productions of Batman back in the 90s."

But the real catalyst for his production company Spiteful Puppet's new take on the Hood legend was a chance conversation on a train.

"It was the height of the credit crunch," Meadows recalls, "and executive producer Matt Hopper and I somehow turned to looking at the unique relationship Robin had with the Sheriff of Nottingham. I had this idea for a new take, something that really turns things upside down. I love the idea that we're playing around with things. It's what we do at Spiteful Puppet, where our mission statement is 'making excitement, playing with expectation'."

He thinks one of the best-loved TV versions of the Hood story was Robin of Sherwood, written by the late Richard Carpenter.

"Since then, I think a lot of others have borrowed bits from it, but I think we've got something fresh that will please fans of the legend, be they Robin of Sherwood or of Errol Flynn as well as the more casual listener."

According to the folk stories, Hood was believed to have been at large in England sometime between the 12th and 14th centuries, when peasants were still under the iron yoke of the powerful nobility.

It's a story that resonates with our times says the creator of Noble Secrets. "We love a hero who is so totally on the side of the ordinary man and woman in the street. And Robin is about a chance to make things a little fairer."

The thrilling music by composer Samuel Pegg completes the production. "The music is the magic that drives and sets the tone of the action you're listening to," Meadows says.

As well as Lee Ingleby, who also starred in TV's Inspector George Gently, fans of the Archers will recognise Sean Connelly, who played Keith Horrobin.

A second production, involving a showdown in Sherwood and a travelling minstrel is in the offing. Will the noble secret to Robin's identity get out?

But first things first.

In the first story, 'Hood: Noble Secrets' will love find a way?

Nothing is quite what it seems, not even Robin, and we can forget a dutiful and demure Maid Marion. At the heart of the story is the sheriff, a noble called Philip De Nicholay and the journey he takes for love of Marion.

Says Meadows: "There is one very big secret that lies within that situation... That's all I can say, you'll have to listen to it to see what I really mean!"

'Hood: Noble Secrets' is available from Amazon,

price £10.99 for the double CD and £8.99 as a download.

You can find out more at spitefulpuppet.com

Queen's medal for West Wittering beach hero

Plamen Petkov died after saving a five-year-old girl off West Wittering beach in May last year

A HERO who saved a five-year-old girl from being swept out to sea has been posthumously awarded the Queen's Gallantry Medal.

Plamen Petkov died after saving a five-year-old girl off West Wittering beach in May last year.

Mr Petkov, 32, a British citizen of Bulgarian origin, was walking along the beach with a friend when he leapt into the sea and rescued the child from an inflatable rubber ring.

His mother, Antoaneta, has been invited to Buckingham Palace to receive the rarely-given award on his behalf.

The British Ambassador to Bulgaria, Jonathan Allen said: "Many people were on the beach on the West Wittering on that sunny day in May, but only Plamen Petkov responded to the pleas of the distraught mother and found the inner strength to jump into the treacherous waters.

"His indomitable courage and complete disregard for his own safety saved the life of the little girl, but unfortunately resulted in his own demise."

Plamen Petkov's noble act moved deeply the British people and the coroner's officer that dealt with the matter attested to his bravery saying that in her five years on the job that was 'the most unselfish act she had seen'.

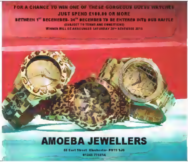
"Plamen Petkov is a true Bulgarian hero. The United Kingdom honours his heroism and his sacrifice."

Deputy Chief Constable of the Sussex Police Giles York said: "I am certain that had it not been for the actions of Mr Petkov we would have been dealing with the death of a child, possibly lost at sea."

The Queen's Gallantry Medal is the third level civil decoration of the United Kingdom.

It is awarded for exemplary acts of bravery, and is primarily a civilian medal, although military personnel can also receive it.

In 2012 he was awarded the highest civilian Bulgarian distinction and a memorial bench and plaque was unveiled at West Wittering beach.



How to be a real humbug this Christmas

Allis Moss

On the Case

AS MANY of us get ready to party, others are settling down to do our tax returns. Thousands do them on Christmas Day and many more see in New Year's Eve in the company of the HMRC website. But you know, being a humbug can be a relief. Yes, like Keats' Ode to Melancholy, there's nothing quite as cathartic as being a Christmas curmudgeon. For some of us, of course, it's a practical necessity, filing in our tax forms on the sofa while watching Love, Actually or the Wizard of Oz.

After writing the above, I have just lit a pale pink and white candle in a tin with the fragrance of fairy dust (invisible and true, it says) written in gold. No humbugs here then.

A few years back it was Christmas and I had just moved in—after a fashion. The lounge was completely empty except for a TV I'd lugged over from Portsmouth after bidding for it on eBay, and a single upright wooden chair. But there was also a fireplace. Accepting that I would never have a second career as a professional pyrotechnic, I managed to build a log fire, using pyramid structures, firelighters and plenty of balled up newspaper. Sitting on the floor in front of the new second hand telly like the mesmerised puppy in 101 Dalmations, I pigged out on Turkish delight in front of successive syrupy films and cartoons. I've never forgotten that Christmas. It was great.

Many journalists, especially freelancers, get to work shifts at Christmas and New Year. Sometimes you make extra dosh. Sometimes you've no choice. They've all blurred together in my mind to become the Christmas Day spent reading the news on Radio 5 with a stinking cold... As we say in the trade, it was a slow day.

But it's not always like that. Nine years ago, I was working Boxing Day at LBC radio in London, when reports started coming in of a tsunami hitting Indonesia. That was just the beginning, as we soon found out as events unfolded. It became fraught and frenetic, with hardly anyone else around.

> Yes like Keats' Ode to Melancholy, there's nothing quite as cathartic as being a Christmas curmudgeon

Toilet humour

Now a sharp gear change from fifth to second. If you're a claustrophobe with a fear of heights, you'll sympathise. One Christmas term, as a lad of eight, I was caught by the headmistress climbing over the door of the loo when the door had stuck fast. Well, how else do you get out, Miss? I'd been desperate in more ways than one. But although that experience haunts me it's nothing compared to the lingering unease after a trip to the Hungarian capital, Budapest. I had gone to that wonderful city—really two either side of the blue Danube—Buda, the old part and Pest, the commercial quarter, to write an article called 48 Hours In... in which there was a very bad 10 minutes. Answering the call of nature while eating out in a cheap restaurant, I tracked down the facilities deep underground in the basement. The door simply would not open afterwards. Forget about space. In an underground toilet with a jammed lock in Budapest no one can hear you scream. I had visions of a cleaner releasing a rabid lunatic who had survived on toilet paper a week later. In the end, I kicked the door in and rejoined civilised society and my fellow diners upstairs as if nothing had happened.

Stuck in a lift

Sometimes these things happen for a reason, or if you don't believe in fate, blind chance. In Paris, most people live in apartment blocks. They all have lifts. Some are elegant cages. Others are like tiny cupboards. A woman I know got stuck in one of the cupboards. Realising she was trapped, a man on the other side of the sealed lift, a neighbour, struck up a conversation to keep her calm until help and a crowbar arrived. The fairy tale ending was she got out the lift and they later got married.

Bah humbug!

So here we are. Fairylights on the tree. Nat King Cole on the radio. Not a hint of humbug. Until you hear that a London council in Hammersmith and Fulham has sent a Christmas card to all its tenants with the greeting "Don't overindulge, pay your rent." Tenants not in arrears were not amused by the card urging them to dial a helpline if they couldn't pay and select option 2. It's the option 2 that gets me. Humbug!

And finally

Your Herald Christmas fairy will be collecting for Marie Curie on Friday, December 20 at the big Tesco in Chichester so maybe see you there. And after that, it's the tax returns with Turkish delight. Happy Christmas.

Contact Allis. allis.moss@chichesterherald.co.uk

Positive resolutions

By Becky Edwards (Children's Centre Co-ordinator) and Nicki Graham (Family Outreach Work)

AFTER THE over indulgence of Christmas, we are all keen to make new starts and improve our lives – this often comes in the shape of resolutions. Not only do we promise that we will give up our vices, but also vow to lose weight, be more organised or have more patience with the children. Though it's admirable to want to aspire to better things, we can often be quite negative in our reflections. Starting a new year by looking at all the things you need to do better isn't exactly conducive to becoming more happy and fulfilled. Perhaps it would be better to celebrate what you already do really well and compile a list of what you'd like to do more of.

Resolutions are often very broad and demanding which means that inevitably, you 'fail' by mid January; this makes you feel even worse about the obstacle that you were hoping to overcome. Be kind to yourself and set realistic goals, instead of swearing you will never touch another donut or cigarette, try setting yourself realistic targets like finding out about local smoking cessation or making small but significant lifestyle changes. It's the same principle when we resolve to be a more 'patient' mum or dad, this often falls by the wayside during the pressures of everyday life– often during the January back to school chaos. Instead, why not accept that there is no such thing as a perfect parent and know that you are doing a great job. Why not aim to do something simple but important to your kids, such as reading an extra story at bed time or finding a new activity you can enjoy together.

There has been a lot of press coverage lately of 'acts of kindness' simple things we can do for each other which take little time or effort. These don't have to be grand gestures or cost money, they can be something as simple as getting some shopping for an elderly neighbour or raising sponsorship for a worthy charity. Imagine how much better we would feel by making positive differences in the New Year instead of highlighting all of our weaknesses. The end of January does not have to be a point of failure or spent re-homing the exercise bike now acting as a clothes-airer in your bedroom... feeling good about yourself and the things you are achieving will stretch right into February and beyond.

For more information or support with parenting visit Chichester Nursery School, Children and Family Centre Or phone 01243 642950 Website www.chichester nur.w-sussex.sch.uk

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Call: 01243 217693 Email: contact@sc-hr.co.uk www.sc-hr.co.uk

Westgate Leisure

Swim for free at Christmas

From Friday 27 December to Tuesday 31 December if you are aged 15 and under you can swim for FREE at Westgate Leisure Chichester during all public swimming sessions.

To check swimming times log on to www.westgateleisure.co.uk or call 01243 785651 or aquadial 01243 521252

A world first – the "fox-proof" chicken shed... made in Chichester

WHAT'S BELIEVED to be the world's first 'fox-proof' chicken house is being manufactured by a small Chichester engineering company for chicken farmers across the UK and Europe.

The hen houses are being made by Mark Francis Ltd, of Halnaker, Chichester, West Sussex from high density Click & Fix plastic planking produced by Tatra Plastics Manufacturing at their factory near Bradford, West Yorkshire.

All the walls and roof panels are made from Click & Fix, which has the appearance of traditional wooden planking, and metalwork and the roof edging and cap are made from a plastic coated galvanized steel sheet. The result: foxes and badgers are unable to chew or dig their way in, which wooden houses are very prone to.

Mark Francis says the design and materials of the houses drastically reduce the loss of birds from attack by vermin. What's more, red mite are easy to get rid of as they cannot hide anywhere and by using a hose, can be washed out.

The use of plastic planking makes the houses very easy to clean out. All you need to do is unclip the front and back sections and sweep or hose the droppings out. They can be steam-cleaned or power washed and, as the material is non absorbent, will dry in a matter of minutes. All the perches are also plastic and can be removed for ease of cleaning.

The current range of poultry housing for eight, 16, 24, 32 or 48 birds mean that, between them, they are for everyone from the back garden hobbyist to the commercial chicken farmer.

The houses are made from 100 per cent British materials with the exception of aluminium clips and rivets.

CAT AND RABBIT RESCUE CENTRE

Rehoming to stop over Christmas

THE CRRC stops rehoming from 18th December, and starts again on 27th December. The reason we stop rehoming before Christmas is because the stress of moving an animal to a new home can cause anxiety and often they become unwell and a callout to a vet can be very expensive. But if you are interested in adopting a cat, kitten, rabbit or guinea pig please ring The Centre and we can organize the home visit.

Not having had the best start in life five year old Fergie arrived at the centre on 24th April 2013. Sadly, she is still waiting for a home. It seems as though Fergie has never had the chance to learn to trust people until now, and can be very shy when you first meet her and will usually hiss. However, once you start to stroke her she begins to purr away and once she relaxes will roll over for a tummy tickle, she also loves to be groomed. Really, she is a softy just waiting for that special someone, and given time and understanding we are sure she will show she has a lot of love to give.

Hundreds of cats and kittens are waiting for homes now. The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks. An un-neutered younger kitten is £70 including a free neutering voucher (to be neutered at The Centre) for when the kitten is old enough.

Homing by appointment 7days a week.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409

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Swap smoking this Christmas

New shop in Chichester offers cost-effective alternative to smoking tobacco this Christmas

VAPAWELL, an exciting new shop in Chichester, has recently opened in Baffins Lane to help smokers switch to – and feel the benefits of – tobacco-free vaping.

With an average packet of 20 cigarettes now costing over £8, a typical tobacco smoker, smoking 20 cigarettes per-day, could save over £2,750 by switching to Vapawell e-cigarettes. Vapawell products offer a genuine smoking experience, but without the 4,000 harmful chemicals found in tobacco smoke.

Mark Strange, Managing Director of Vapawell, explained: "Vapawell e-cigarettes are very easy to use and contain just three components: a battery, an atomiser and a tip. The atomiser is filled with E-liquid, a solution of water and propylene glycol mixed with concentrated flavours and nicotine, and it is this liquid that when vaporised creates the realistic smoking experience."

E-Liquids are available in a wide variety of nicotine strengths and flavours from strawberry to spearmint, tobacco to tutti frutty! With E-liquids starting from just £5, Vapawell offer a fun, socially acceptable alternative to smoking.

Lewis Harrison, of Vapawell Chichester, ended: "At Vapawell we offer a number of packages in order to make our products as accessible as possible. Whether you, a friend, or a loved one wants to swap smoking this Christmas, pop in to our shop on Baffins Lane, to see how we can help you save money and feel the benefits of switching to Vapawell."

3 Baffins Lane, Chichester PO19 1UA
chichester@vapawell.com
01243 696066
www.vapawell.com

Christmas cheer at Westhampnett

EVERYTHING is set for a smashing Christmas at Westhampnett House this year. The tinsel has been polished, the sprouts are on and everyone is getting that Christmassy feeling. The beautiful stone floored entrance hall at Westhampnett House has been festively decorated this year and sounds of 'oooh look at that tree' and 'Oh, how lovely it looks in here' can be heard as visitors pop by to see their loved ones.

If you have been out to visit the welcoming team and fantastic facilities at Westhampnett House you will know that they are situated at the foot of the South Downs, adjacent to Goodwood Estate in a beautiful part of West Sussex. The beautiful Grade II listed Georgian building is just made for a Dickensian Christmas setting and that's just what has been created this year. The Christmas lights are reflected in their chandeliers which hang from high, wooden beamed ceilings and the many bay windows give that extra sparkly effect.

Throughout 2013, the staff at the house have been working hard to fully restore their majestic setting so that it can be enjoyed by their residents and their families all year round. This year they are celebrating their Christmas with all the trimmings including their locally renowned homemade Christmas cake – complete with the brandy of course!

Christmas starts at the house on 22nd December when they have their official Christmas party throughout which they will be playing games, taking part in a festive quiz and enjoying carols sung by members of the local choir.

Then on Christmas day itself, residents are looking forward to sharing their Christmas dinner with family and friends who are welcome to join at any time throughout the holiday period.

Westhampnett and its staff are ready to celebrate in style. The team are happy to welcome new visitors over the festive period who are welcome to call in and see the team at any time and share in a little bit of festive cheer!

Huskies are a hit at Aldingbourne!

Chichester Herald Merry Christmas

FAMILIES were treated to a magical sight at the Aldingbourne Country Centre when Santa made a grand entrance from the woodland walk, proudly sat upon a quad bike and was pulled along by eight huskies to meet the crowds of excited children. Hugh Finnegan who owns the huskies proudly led Santa from his Grotto to the main arena where families could then see Santa and get up close.

There were thousands of people who attended the event, all of who got into the festive spirit. Children were treated to a ride in a teacup or a roll in a Zorb. Many wandered around the Open Farm and saw Samson the Turkey and also had an opportunity to name the new baby alpaca. The lucky winner, Daniel Ambler chose "Charlie" as the new name for the alpaca. Daniel gets to adopt Charlie for a year as his prize. There were lots of festive gifts and food to buy in the Christmas market and Face Paint 4 U were a great hit with the kids. Regular supporters of the Trust, Owls 4 U displayed a selection of real life owls, which were a huge attraction and many people enjoyed getting up close to natures beauty and having their photos taken with them.

Southway Primary School choir melted hearts as they sang carols and entertained the crowds with their harmonious voices. Lots of children were excited and wrote a letter to Santa and posted it in the Elf Mail Box. Santa has promised to reply to every child who has written to him.

Many children had pre-booked to meet Santa and his chief elf in his grotto. With a little bit of fairy dust the woodland grass roof bothy was transformed into a magical grotto where lots of excited children got to meet the man himself, tell him they had been good all year and let him know their wish list for Christmas. Santa spent valuable time talking to each child and gave them each a special gift and told them to look out for him on Christmas Eve!

The Aldingbourne Trust is an award winning charity and funds raised at this event, totalling £5,400 which will go towards supporting adults with learning disabilities in West Sussex to live independent lives and gain employment.

Zulus of West Sussex featuring Santa and his Elf, James Phillips, Trudy Van Niekerk, Sharon Moody and Warie Moody

Post office extends hours for letters and parcels

WITH CHRISTMAS DAY less than one month away, the Post Office has announced that Chichester Post Office branch will be offering longer opening hours in the run up to the festive season.

From Monday 2 December, the branch at 10 West Street will be open from 08:30 – 18.00 Monday to Friday and 09:00 – 16:00 on Saturdays, a total of 6 extra hours per week.

Stewart Fox Mills, Post Office Head of Marketing said: "Christmas is an extremely busy time for many people and we want to make it as easy as possible for our customers by offering longer opening hours at Chichester branch.

"Chichester Post Office is one of many branches across the UK that are now open for longer in the weeks leading up to Christmas. Visit www.postoffice.co.uk/christmas to find out more about the opening hours of other branches in the area, and all of the other things Post Office is doing to make Christmas that little bit easier for Christmas."

The Post Office is currently undertaking a multi-million pound investment programme across its branch network. With around 1,400 branches already modernised and offering over 35,000 extra hours of service per week the Christmas, including Saturday and Sunday opening times.

The Post Office's online offering has also been improved this Christmas. Helpful information from how to find your nearest branch to details of special promotions can be found at postoffice.co.uk/Christmas – along with a whole lot more.

One of the new features on the Post Office's online Christmas hub is a new service to help customers remember last posting dates for UK and Worldwide mails online and through a simple and free reminder service. Select the destinations you'd like a reminder for and the Post Office will send you an email and text message to help you get cards and gifts despatched in plenty of time, avoiding a last minute rush.

The Post Office, now independent of Royal Mail, is the largest retail network in the UK, with over 11,500 branches. It is one of the fastest growing financial services companies with over three million customers and the market leader for travel money.

Visit www.postoffice.co.uk to find out more about the wide range of products and services available from the Post Office.

The Coca Cola truck is coming...

THE COCA COLA TRUCK is coming to Chichester on Friday 20th December.

With Chichester's eclectic mix of shops, appealing to such a wide variety of people, it makes sense for Coca Cola to put Chichester on their Christmas schedule for the famous truck to come and visit us for a day.

The Chichester Business Improvement District is thrilled that all their hard work has paid off and Coca Cola has agreed that Chichester is deserving of its Christmas magic!

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Kick start your 2014 fitness regime with Vanguard's fantastic 2 for 1 training offer!

Get in shape and feel good with our Christmas offer exclusive to Chichester Herald readers - buy your first session and get another session free!

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Individual sessions start from £25 per hour
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• Have fun
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Contact Jon today to see how Vanguard can help you get in shape and feel good in 2014!

Jon.hobson@hotmail.com 07581314025 www.vanguard-training.co.uk

Midhurst has Christmas all wrapped up!

THE MARKET TOWN of Midhurst has launched its own exclusive wrapping paper just in time for Christmas! This festive take on the town's striking stag emblem is a combined initiative from the Midhurst Town Team, Melanie Burgoyne (Rural Towns Co-ordinator for Chichester District Council) and MidhurstFirst, the group behind the Midhurst Reward Card.

The wrapping paper will be available for sale in many of the shops and businesses around town. It's still hot off the press but it's already getting an incredibly positive response from Midhurst shoppers.

Carolyn Bishop, of Black Sheep, said: "The wrapping paper's not even been officially launched yet a customer who saw the paper thought it was such a lovely idea that Midhurst has come up yet again with something original for the town."

Geoff Allnutt, Chairman of the Midhurst Town Team said: "This is a really exciting development for Midhurst, we have an incredibly high percentage of independent businesses and we spend a lot of time encouraging people to shop locally. Using this paper and wrapping your locally bought presents in it is a really visible sign of that commitment – showing that we're all contributing to our local economy. It's certainly going to be a big feature under the tree in our house."

As an added bonus, the Young Enterprise Group from Midhurst Rother College is running a free wrapping service for any gifts bought in Midhurst. They will be open in the Queen's Room in The Spread Eagle on Saturdays 7th and 14th December in the run

up to Christmas. Shoppers just have to take their gifts and receipts showing they were purchased in town and the wrapping will be done for them!

Melanie Burgoyne, Rural Towns Co-ordinator at Chichester District Council, says: "The Midhurst shops wanted to have something special to offer their customers particularly because so many residents are really proud of their town. Midhurst is one of the many hidden gems in the district, and we hope this idea will give residents and visitors an extra reason to discover the shopping delights to be found here."

Partygoers urged to 'look before you book'

IF YOU'RE PLANNING to eat out over the festive season, why not 'look before you book' and choose where to eat based on what is going on in the kitchen not just what's on the menu?

Each of Chichester District's food outlets, such as restaurants, takeaways and pubs, has a food hygiene rating. These range from zero (the worst) to five (the best).

The Food Hygiene Rating Scheme is a national initiative has been developed by the Food Standards Agency (FSA) in partnership with local authorities.

In the Chichester District nearly 1,300 businesses have been assessed and given a rating, which they are encouraged to display.

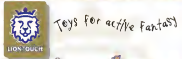
To find out the rating of the place you wish to eat:

- check all food hygiene ratings whether displayed or not on the premises online at: www.food.gov.uk/ratings, or,
- download a free phone app.

You can also look out for the distinctive green and black food hygiene rating stickers that some of the 1,300 businesses in the Chichester District will have displayed in their windows.

The aim of the Food Hygiene Rating Scheme is to reduce the one million cases of food poisoning suffered by people in the UK each year.

The information is being released as part of the council's 'Countdown to Christmas' campaign. Its aim is to help residents prepare for the festive season – from events and activities, to important information. This can be found at www.chichester.gov.uk/christmas



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Chichester - www.kidsstufftoys.co.uk

Also in Ashford, Burgess Hill, Crowborough, Eastbourne, Hasting, Uckfield

WESTRINGS

wish you a very **Merry Christmas** and a **Happy New Year**

Thank you for all your support during 2013

Excursions in the New Year

9th January	Robinson Crusoe, Pantomime at the Mayflower
9th/16th January	Southampton Shopping
16th January	Rubie Cousins production of ICE, Mayflower
26th January	Creative Craft Show, Sandown Park
28th January	Guided Day with Brownell, including White Gallery
11th February	London Museums
14th February	Palestine Mountain
19th February	Westrings Pudding Club
4th March	London Tour 'Are you being served?'
6th March	Tour of the Isle of Wight
10th March	Christchurch and a view to the Needles
13th March	Winley
18th March	South Downs Hound [illegible]
23rd March	[illegible] in the East End, Lunch included
25th March	Moreton in Marsh, Cotswolds
28th March	Eastbourne
1st April	Chiddingstone Castle
7th April	City of Ely
9th April	Hinton Ampner, National Trust Property
23rd April	Henley on Thames and River Trip with cream tea
... May	[illegible]
8th May	Apples and Cheeses
19th May	Old Harry Rocks Cruise
4th December	River Dance at the Mayflower

HOLIDAYS 2014

FEBRUARY	A Little Winter Luxury - Imperial Hotel [illegible]
APRIL	Warners - Thoresby Hall, Nottingham
MAY	Wiltshire Wander (details tbc in the New Year)
JUNE	Norfolk and Suffolk
JULY	Bruges (details tba in the New Year)
SEPTEMBER	Durham and the Northumberland Coast
OCTOBER	North Devon Delights

IF YOU WOULD LIKE FURTHER INFORMATION PLEASE DO NOT HESITATE TO CONTACT US

WESTRINGS TRAVEL 01243 672411/01243 380053

Don't let thieves spoil your Christmas

CHICHESTER District Community Safety Partnership and Community Wardens are reminding residents to be on their guard and not to leave presents on show during the Christmas period.

They are offering seasonal advice to prevent people falling victim to opportunist thieves who may target homes with gifts left under the tree.

The advice comes as people across the district start to put up their Christmas decorations and put out their presents in full view of prying eyes.

Councillor Eileen Lintill, Cabinet Member for Leisure, Wellbeing, and Community Services at Chichester District Council, says: "Putting all your presents under your Christmas tree before December 25 is unfortunately a big advert to opportunistic thieves looking in windows.

"Put your holiday goodies out at the last minute and make sure the windows and doors are locked at all times, even if you are home. You should also consider taking extra care when you go out shopping as presents left on a car seat can also be inviting to thieves. Christmas should be a fun time so please follow our practical advice and make sure your Christmas is a happy one."

The Partnership and Community Wardens are also advising people to beware after Christmas of putting empty packaging outside their house for rubbish collections. This can advertise to thieves new purchases or expensive Christmas presents.

At this time of year thieves also target large crowds of people in shopping centres. Make sure that your purse or wallet is safely inside your bag and that you keep it with you at all times.

The Partnership has produced a 'Property Inventory Sheet' for householders to record descriptions of valuable items. The list should be kept in a safe place by householders. Details such as type of property, serial number, a description and distinguishing marks, can be recorded and used to help identify any items if stolen.

For more information on keeping safe this Christmas or for a Property Inventory Sheet please contact the council's Community Safety Team email community@chichester.gov.uk or call 01243 534800.

How to spot the festive fakes – and why you shouldn't buy them

TIMES MAY BE TOUGH this Christmas, but don't be tempted to buy 'branded' goods that are suspiciously cheap. That's the message from West Sussex Trading Standards, who fear there could be a rise in counterfeit goods as the festive season approaches.

But how do you spot them, and what is the danger in buying them? Trading Standards have produced a series of handy facts for festive shoppers. Their top tip – fake goods will almost certainly be poor quality and may even be dangerous.

"We have found counterfeits in many places, including shops, markets, car boot sales and online," said Lionel Barnard, County Council Cabinet Member who oversees Trading Standards. "With tight budgets it might be tempting, but please remember if you by these goods you may be giving money to organised crime, as well as undermining legitimate businesses."

Among the dangerous items:

- Unsafe copies of the Apple triangular plug charger. If it's marked 'Emerson Network Power' with a 'Made In China' logo, it could destroy your device and give you a 240-volt shock.
- Foreign labelled cigarettes and tobacco products. They may be cheaper but they're illegal in Britain. The content may kill you more quickly than legal products.
- Cheap mobile phone batteries: these can explode. Also beware of memory cards which may have far fewer gigabytes than stated, and items such as USB memory sticks, headphones, and 'designer label' handbags and clothing. Please tell Trading Standards if you see any of these on sale.

Trading Standards has also come up with useful advice for anyone Christmas shopping:

- Are the goods much cheaper than you would expect?
- Is the product poorly made, perhaps with spelling mistakes on the packaging?
- If you're buying online, does the website give full contact details for the seller, including physical address?
- Be aware that web addresses ending in .co.uk may not be in Britain.
- Use search engines to research websites to check for user problems.

The Brand-I website helps to promote safe online shopping and is a source of internet retailers selling genuine branded goods. Trading Standards are advising buyers to check this website before buying online. http://www.brand-i.org/

Charmlinks £10 Each

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National News

UK jobless rate at lowest since 2009

THE NUMBER of people out of work has fallen to its lowest level in more than four years, raising hopes of a strong rebound from the recession.

The jobless total dropped 99,000 to 2.39 million, a rate of 7.4 per cent, in the three months to October – and the number of people in work rose above 30 million for the first time on record.

The number of people claiming Jobseeker's Allowance dropped by 30,700 to 1.27 million in November, the lowest for almost five years.

David Cameron tweeted: "Great news there is a record 30 million people in work. Creating more jobs key to our long-term economic plan for a better future for Britain."

The figures follow yesterday's announcement that the rate of inflation dropped to 2.1 per cent last month, its lowest level for four years.

However, there will be concern among homeowners with mortgages that the fall in unemployment could hasten a rise in interest rates.

Bank of England Governor Mark Carney has said that an increase would only be considered when the jobless rate falls below seven per cent, although he stressed that many other factors will be taken into account.

City economists now say the seven per cent threshold could be reached before the end of next year, but an interest rate rise is still seen as unlikely until well into 2015.

The biggest falls in unemployment were recorded in the Midlands, East of England and the North West, while London saw a rise of 8,000 to 368,000 or 8.5 per cent. This reverses the trend seen earlier this year when the capital led the way and suggests that a recovery 'made in London' is now rippling out around the regions.

However, the squeeze on family incomes shows no signs of ending. Pay went up by an average of 0.9 per cent, less than half the rise in the cost of living. Pay rises were stronger in the private sector, averaging 1.3 per cent, while earnings fell by 0.3 per cent in the public sector.

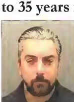
David Kern, chief economist at the British Chambers of Commerce, said: "These are very strong labour market figures, which back our recent forecast of increased growth in the fourth quarter of this year.

"Employment is up, unemployment is down, inactivity is down, and while youth and long term unemployment remain high, there has been an improvement in these areas."

TUC General Secretary Frances O'Grady, said: "These are undoubtedly positive figures, but we should not forget how far we still have to go to restore pre-crash living standards through better pay and jobs.

"The real test for the Government is whether everyone will share in the recovery, not just a favoured few."

Paedophile Lostprophets singer sentenced to 35 years for child sex offences



THE FORMER lead singer of the Lostprophets, Ian Watkins, has been jailed for 35 years for sex offences on babies and children that plumbed "new depths of depravity".

Described as a committed and determined paedophile during his sentencing, Watkins had used his power over fawning young fans to exploit them and persuaded two women to help satisfy what a judge called his "insatiable lust" by allowing him to abuse their young children.

After sexually touching a woman's 11 month old baby, Watkins, 36, then tried to have penetrative sex with the child. He also encouraged a second fan to abuse her child during a webcam chat and stashed child porn videos, some of which he had made himself.

Yet even after admitting two counts of attempted baby rape, he told a female fan during a phone call from prison that he would issue a statement saying it had been very funny, or 'mega lolz' as he put it, Cardiff Crown Court was told.

He will spend about 20 years in prison and then another 15 on licence, the court heard. Watkins' two accomplices, named only Woman A and Woman B, were jailed for 14 years and 10 years.

The disgraced rockstar, who shook visibly in the dock as he was sentenced, had admitted 13 offences but he is suspected of carrying out further attacks. Police are investigating whether he committed further abuse in countries including the US and Germany.

The police watchdog has announced that it will investigate three police forces over their handling of allegations that the singer had been abusing children. The Independent Police Complaints Commission said that reports of abuse had been made to South Wales police as early as 2008 – four years before he was finally arrested.

News in Brief

• A Stradivarius violin stolen from a central London sandwich shop has sold for £1.38m at auction. The 300-year-old violin was taken from renowned violinist Min Jin Kym in a branch of Pret A Manger near Euston station in November 2010. Thieves tried to sell it for £100 before it was recovered from a property in the Midlands in July. It had only sustained minor damage, police said.

• Plastic banknotes that can survive a spin in the washing machine are to be brought into circulation by the Bank of England in 2016. The Bank argues that the polymer notes stay cleaner and are more secure than cotton paper notes, which have been used for more than 100 years. The £5 note featuring Sir Winston Churchill will be the first plastic banknote. More than 20 countries around the world have adopted polymer banknotes.

• A Taiwanese tourist had to be rescued after accidentally walking off a pier in the Australian city of Melbourne while checking her Facebook page. The woman tumbled from St Kilda's pier into Port Phillip Bay late on Monday night. Police were alerted to the incident by a witness and rescued her in a speedboat after about 20 minutes. The woman, who apologised, was taken to hospital for observation but police said she was fine.

Senior Constable Dean Kelly of the water police said officers found her floating metres from the pier.

• Police searching for missing teenager Jayden Parkinson say they have discovered a body at an "established grave". The graveyard at All Saints' Church in Lydalls Road, Didcot was searched overnight on Tuesday following a tip-off. Police said they had found evidence the grave had been recently disturbed. A semi-detached house in Great Western Drive, a few hundred yards away from the cemetery, has also been sealed off.

Chichester Business

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Manager is named for new Midhurst community and leisure centre

Mike Boyce has been named as the manager of The Grange, Midhurst's new leisure and community centre

THE MANAGER of The Grange, Midhurst's new leisure and community centre, has been named as Mike Boyce.

Mike is a familiar face to many people in the town as he is currently manager at the existing centre.

The new leisure and community centre is due to open in March. Most of the new staff members who will be working alongside Mike have also been appointed.

Mike says he is delighted to be transferring to the new centre.

"I am really pleased to be taking charge at the launch of the new centre. The new centre is going to offer so many opportunities and make services much more accessible to the people of Midhurst and the surrounding areas.

"My staff and I can't wait to open the doors for the first time. I think people are going to be amazed at the space and the amount of services that they will be able to access under one roof.

"I've loved my time at the current Grange Centre and this is an exciting new chapter for Midhurst and the surrounding areas. I am looking forward to welcoming both existing and new customers to our new leisure centre and gym."

Councillor Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council, says: "Mike has a wealth of knowledge of the local area and the needs of the local community so he is perfectly placed to lead the new team.

"We can't wait to open the doors of the new centre either. The fit out of the centre has now begun and it is really exciting to see the whole project coming together. This has been years in the planning and we can't wait to welcome everyone inside in just a few months' time.

"The new centre is due to open in March next year. There has been a slight delay but everyone is working really hard to make sure the new centre is open as soon as possible and it is still our intention that the old centre will close two weeks before the completion of the new centre."

The project team have been working closely with the clubs and community groups on the big move – and many are already booked into the new centre.

The leisure services will be the first area to open within the new centre, followed by the library and registrar room.

As soon as the new centre is up and running, the demolition of the old building will begin. Cllr Lintill says: "Although the centre will be open, there will continue to be some disruption on site as the old centre is removed – and so we want to prepare people for this. The temporary car park will increase in size during this period and the final car park will be finished early in the summer."

As a thank you, the centre will be holding a free fun day. Details of this will be revealed soon.

The new centre will incorporate a number of services under one roof. It will include:

• a multi purpose four-court sports hall;
• a fitness room with first class Technogym equipment;
• two squash courts and a squash viewing area;
• a dance studio with mirrors that will also be used for fitness and community activities;
• a health suite, including a sauna, steam room and a spa pool;
• a multi purpose community hall and community rooms; and
• a bar and café with Wi Fi access.

The facility will overlook South Pond, with an outdoor seating area.

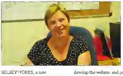
There will also be community facilities including:

• a library; and
• a registrar office, where you can register births and deaths.

The new Grange project has been delivered by Chichester District Council, in partnership with West Sussex County Council, the Trustees of the Grange Community Association, Midhurst Town Council and The Monument Trust.

For information see www.chichester.gov.uk or www.westgateleisure.co.uk. For information on membership and bookings please call Tom Phillips on 07715 038470

Selsey Works Initiative achieves backing



Sam Tate, Selsey Town Centre Manager

SELSEY WORKS, a new community initiative, is to launch on 31st January 2014, after securing £100,000 of funding. The project will make job seeking more accessible to people in Selsey through various initiatives including working with local larger employers to lessen the skills gap and will provide local businesses with start-up and business development support.

The initiative will provide a job seeking service, skills based training and courses, hot desk facilities and networking opportunities to Selsey residents and businesses. It will also offer pop up shop space for retail start-ups to trial their concepts in Selsey's high street before committing to a long term tenancy.

Selsey Works has selected two local marketing agencies – Reconseo and Loose Marbles – to manage the launch of the project, develop the website and provide ongoing marketing expertise and support.

Sam Tate, Selsey Town Coordinator and Project Manager for Selsey Works, said: "This innovative project is extremely exciting and gives Selsey the opportunity to help itself by providing much needed resources and facilities for local people and businesses. Ultimately, it will enable Selsey to develop into a vibrant, seaside town with excellent employment opportunities. We want people to want to set up a business here!"

Initial funding for the project has been provided by the Department of Work and Pensions, West Sussex County Council's Kickstart Fund and Selsey's new homes bonus from Chichester District Council, plus support is being provided by Chichester in Partnership.

Selsey Business Awards Competition hots up with record entries this year!

SELSEY BUSINESS PARTNERSHIP has received a record number of nominations in this year's Selsey Business Awards, sponsored by Reconseo and Oceanair, with nearly 500 people nominating businesses for an award.

Judging is now complete and the winners and runners up for each of the ten categories have been selected.

Roger Barrow, Chairman of Selsey Business Partnership, said: "With double the number of nominations received compared to last year, for around 70 Selsey Businesses or individuals, the awards this year have been very competitive. It has been genuinely hard to select the 'best of the best'! But we believe the stars of this year really do shine and we're looking forward to unveiling the deserved winners at our Gala Dinner in January."

In alphabetical order short listed nominations for an award are:

• **BEST RETAILER** sponsored by Team Selsey
- Campbells Butchers
- Country Gardens
- Pet Pantry

• **BEST NEW BUSINESS** sponsored by Evans Weir
- Delightfulthings R us
- Jumping for Joy
- The Liquid Merchant

• **BEST TRADE** sponsored by The Seal
- Flawless Finish
- Frost Electrical
- Scott Jenkins Bathroom Studio

• **BEST SMALL BUSINESS** Sponsored by Evans Weir
- Med Cars
- Platinum Homecare
- Selsey Properties

• **BEST RESTAURANT/CAFE** Sponsored by XL Graphics
- Tuppeny Rice
- Viento De Levante
- Waves Cafe

• **BEST ACCOMMODATION PROVIDER** Sponsored by FA Holland and Sons
- Living Elements Chichester Self Catering
- St Andrews Lodge
- The Seal

• **YOUNG EMPLOYEE OF THE YEAR** Sponsored by Natures Way Foods
- Ambre Pettitt of Delevante
- Cameron Wilson of the Liquid Merchant
- Jackson Clark of Seales

• **VOLUNTARY GROUP OF THE YEAR** Sponsored by Veritas
- Fibromyalgia support group
- Manhood Wildlife and Heritage Group
- Royal Naval Association

• **VOLUNTEER OF THE YEAR** Sponsored by Selsey Town Council

The Seal is nominated for an award

- Brian Hall of Hollands Funeral Directors
- John Fletcher of Selsey Internet Radio
- Mike Nicholls of Sports Dream

Overall Best of the Best and other awards: To be announced on the night.

Tickets are still available for the Gala Dinner on 10 January 2014 at Solent View, Bunn Leisure where winners and runners up will be announced and presentations made. Tickets for the black tie event are only £30 per head and include a three course meal, music and a bar open until late. Tickets are on sale at Village Flowers in Selsey High Street, online at www.selseybusinesspartnership.co.uk or from Roger Barrow directly on 01243 601100

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Spirit of Christmas aids local charities

A LOCAL hearing centre has got into the festive spirit with some Santa-themed fundraisers for Chichester-based charities Stonepillow and St Wilfrids Hospice.

On Sunday Specsavers Chichester staff members, dressed in full Santa attire, competed in the local Santa Sprint and Stroll, completing the five kilometre route to help raise money for St Wilfrids Hospice.

Through sponsorship and outfit cost donation, Specsavers staff managed to raise nearly £100 for St Wilfrids Hospice.

On top of this, the store also put together a donation box that included, amongst other things, glasses gift vouchers, gloves, scarves and food to donate to local charity Stonepillow. The donation box was received by Stonepillow head of fundraising Emily Sloggs and donated by a costumed Santa.

Emily Sloggs says: "I'd like to thank everyone at the Specsavers store for their charitable donation. These items will go a long way to making it a happier Christmas for those who don't have the privileges and comforts most of us take for granted."

Stonepillow head of fundraising Emily Sloggs with Santa

Before dropping the donation box at the charity, the costumed Santa was given a free hearing and sight test, and was even fitted with a pair of signature crescent moon spectacles.

Ellie-May Hilsdon, hearcare practitioner at Specsavers Chichester, says: "As a store, we really wanted to do something during the festive period to give back to the community. St Wilfrids and Stonepillow are both incredible charities that do some truly amazing work in the Chichester community.

"It was good fun testing the costumed Santa, I'm not sure our audiologist or optometrist have ever had such a jolly customer! But joking aside, everyone here at Specsavers is well aware there are those less fortunate than ourselves, and we hope our donation will make a small difference."

Stonepillow is a Chichester based charity that offers shelter, information and support to empower homeless and vulnerable individuals to make positive changes in their lives.

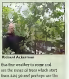
To book an eye examination or a free hearing check, please visit the Chichester store at 65 East Street, Chichester, West Sussex, PO19 1HL or call 01243 533 350

Chichester Business

Calling all keen gardeners

IT WAS NATIONAL Tree Week at the beginning of December and the present weather is forecast to continue well into December. This should be the ideal chance to plant trees or hedging before any really bitter weather arrives.

At Aldingbourne Country Centre a tree nursery has been developed over the last few years by the resident expert, Richard Akkerman, who has worked in horticulture in England and Spain as well as his native Holland.


Richard Ackerman

Richard believes that the micro-climate around Aldingbourne is ideal for growing young trees and our range of native trees such as Silver Birch, Rowan and more are now ready for planting. The Country Centre also has fruit trees, ornamental trees and hedging available to purchase. Richard and his Horticulture Team already work with local landscape gardeners to provide trees and hedging and are keen to add to the well established name that the Country Centre already has for bedding and perennial plants.

So why not make the most of this fine weather to come and see the range of trees which start from £24.50 and perhaps use the opportunity to buy that Christmas present which is proving difficult to find. Aldingbourne can offer help and advice to help you choose the right tree. You will enjoy the exercise and also benefit the planet by planting another tree!

The Aldingbourne Trust support adults with learning disabilities to live independent lives and gain employment. Where else can you buy your plants and trees and give something back to a worthwhile charity at the same time?

For more information on the Trust, please contact 01243 542075 or visit www.aldingbournetrust.co.uk

Kaliko Business Development Consultancy

Based in Chichester, Kaliko Consultancy offers personal business development services to small and medium sized businesses in the local area.

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Arts & Entertainment

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Now showing at Cineworld Chichester

A rollicking, non-stop fantasy adventure

The Hobbit The Desolation of Smaug (12A)
Running time: 160 mins
Director: Peter Jackson
Starring: Martin Freeman, Orlando Bloom, Richard Armitage, Ian McKellen

★★★★☆

The second part of Peter Jackson's Hobbit trilogy is a vast improvement on the first a rollicking, non-stop fantasy adventure that delivers sizeable thrills, amazing action sequences and spectacular special effects, with terrific performances and jaw dropping production design work.

What's it all about?
Directed by Peter Jackson, The Hobbit The Desolation of Smaug is the second part of the trilogy of films adapted from JRR Tolkien's beloved children's story The Hobbit. Pausing only for a brief flashback, the film plunges straight into the action as Bilbo Baggins (Martin Freeman) and the thirteen dwarves battle the giant spiders of Mirkwood before getting captured by a familiar looking wood-elf (Orlando Bloom as Legolas) and his feisty companion (Evangeline Lilly as Tauriel), whereupon they are imprisoned in the wood elves' dungeon.

After escaping the dungeon, Bilbo and the dwarves find themselves pursued by vicious orcs and encounter the human inhabitants of desolate Lake-town before facing off against the fearsome dragon Smaug (voiced and mo-capped by Benedict Cumberbatch) in the Lonely Mountain. Meanwhile, Gandalf separates himself from the group and investigates the ruins of Dol Guldur, accompanied by Radagast the Brown (Sylvester McCoy).

The Good
After some of the longueurs of the first film (including a lengthy sequence involving the dwarves doing the washing up), it's a relief to discover that the second instalment is pretty much non-stop, no-holds barred action. Highlights include the genuinely terrifying spider attack sequence (small children and arachnophobes may require blindfolds), the nail-biting climactic confrontation with Smaug and the film's undoubted show stopper, a brilliantly conceived and utterly thrilling chase/fight sequence as the dwarves escape from the elves' dungeon in barrels, riding a series of white-water rapids and being pursued by blood thirsty orcs, who in turn are being chased and attacked by Legolas and Tauriel (both showcasing some frankly jaw dropping orc-killing skills).

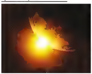
Once again, Freeman is perfect as Bilbo and there's terrific support from Armitage, alongside likeable turns from Lilly (playing a crowd-pleasing character created especially for the film) and Luke Evans as Bard the Bowman. That said, with the exception of Kili and Ken Stott's Balin, the other dwarves rather fade into the background this time round.

The Great
The script is a huge improvement on the previous film, ditching the dodgy comedy dialogue moments that seemed out of place and maintaining a cracking pace throughout. Even the running time has improved – it's half an hour shorter than the previous film.

Worth seeing?
The Desolation of Smaug is a hugely enjoyable fantasy adventure with thrilling action sequences, pacey direction, state of the art special effects and terrific performances. Highly recommended.

Sky Diary January 2014

By Pete Littlejohne



Mercury in mythology was the fleet footed messenger to the gods and in January it should be possible to spot this tiny planet low in the SW up to a couple of hours after sunset.

Venus is also low in the SW but much brighter than Mercury at the start of January but rapidly dives down towards the Sun then reappears in the SE dawn sky after the 11 January.

The Earth (believe it or not) will be at its closest to the Sun (perihelion) at a mere 147 million km on the 4 January.

The red planet Mars rises just before midnight in the constellation of Virgo growing slightly brighter as the month progresses.

Jupiter shines brightly for most of the night. A day on this planet is less than 10 hours and the rapid spin causes the clouds on this gas giant to form in horizontal belts, two of which can be seen in good binoculars or a small telescope.

The lovely ringed planet Saturn is a morning object rising around 03.30 in Libra.

There is a meteor shower which diverges from low in the NE on the 3/4th night from the now redundant Quadrantis constellation and could produce up to 80 meteors an hour at its short peak. This shower is best viewed after midnight.

Planetarium Shows and Dates January 2013

Thursday 02	3.30pm	The New Year Night
Friday 03	7.30pm	Wintertime Stars Moons and Planets
Friday 10	7.30pm	Giant Jupiter, King of the Planets
Sunday 12	3.30pm	The Stars This Month
Friday 17	7.30pm	The January Wolf Moon
Friday 31	7.30pm	The Northern Lights

Tickets: Adults £6.00, Children £4.00. Tickets are available to callers at the The Novium, Tower Street, Chichester. Alternatively, please phone 01243 774400 or ticket hotline [illegible] to reserve your tickets. Payment by cash or cheque only on the day. A map showing our location can be found at www.[illegible]

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q **Name the TV show that shot Martin Freeman to fame?**

A. SKINS

B. THE OFFICE

C. EXTRAS

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 31st December 2013 at midday. The winner will be notified later on that day. Last weeks winner was [illegible] from Chichester. Chichester Herald competition terms and conditions apply.

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Take a tour with three Christmas ghosts at The Novium

The Novium's three ghosts Students Alex Rajan Iyer, Jeremy Ridley and Thomas Dumester

THE NOVIUM will be the setting for Christmas ghost tours on Saturday 14, 21 and 28 December.

The tours will feature three ghosts – a Roman soldier, a smuggler and a police officer. Using the museum's artefacts, they will reveal true tales from the Chichester District such as the Hawkhurst Gang, a notorious criminal group involved in smuggling throughout southeast England in the 18th Century and what life was like for a Victorian police officer.

Three drama students from Chichester College are performing the roles of the ghosts.

Councillor Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council, says: "These entertaining Christmas ghost tours will be a chance to find about the Chichester District's history with three local characters. Make sure you don't miss out."

The ghost tours will take place from 11am to 12pm on Saturday 14, 21 and 28 December. Each tour lasts approximately 30 minutes.

Admission is included in the museum entry ticket. For more information please contact The Novium on 01243 775888, by email at thenovium@chichester.gov.uk or see www.thenovium.org

Extra Christmas present from Westgate Leisure Chichester

WESTGATE LEISURE Chichester has an extra special offer to help keep young people entertained over the Christmas period.

From Friday 27 to Tuesday 31 December, those aged under 16 can swim for free during all public swimming times at Westgate Leisure Chichester.

Swimming is one of the most popular leisure pursuits. Westgate Leisure Chichester has some of the best swimming facilities in the area. The complex offers three pools and a water slide at Via Ravenna, Chichester. The main pool, which is one of the largest on the south coast, offers dedicated swimming lanes for those who want to swim without interruption. It also offers an area for those who want to take a more leisurely approach.

For those who want more thrills and spills, the leisure pool boasts a 55 metre water slide.

For Christmas opening times, terms and conditions, and pool programmes please see Westgate Leisure's website www.westgateleisure.co.uk or call 01243 785651.

Councillor Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council, says: "We're pleased to be able to offer this special offer to help keep young people entertained over the Christmas period. We hope that everyone has a very enjoyable Christmas and New Year."

What's On in your local area...

• A CHARITY night of music through the decades with some amazing local tribute bands including will be held in Chichester next month providing an enjoyable evening of entertainment, fun and dancing. Acts will include South Beat Beatles tribute act, The Rolling Tones, Abba Chicks, Frank Sinatra, Patsy Cline and Connie Francis.

The Event will be held at the Riverside Caravan Park in The Ballroom on 11 January 2014 it is £10 per ticket and these can be purchased from Riverside Caravan Park, Shripney Road Bognor Regis 01243 865823 The Judith Adams centre St Pancras Chichester 01243 536433 or The Chestnuts in Bognor Regis 01243 841708

The monies made will be split four ways between the following charities and day centres that all provide care, research and quality of life for people living with dementia.

• Concorde is a social club which provides friendship and companionship for single people. It's not a dating club but any members who form relationships or marry remain members.

It meets every Tuesday at the Walnut Tree, Runcton and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglessocialclub.org.uk or phone 01243 575083 or 01243 604715

• CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.

We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving PO20 2BP

More details from Andrew@andrewperryplus.com or 01243 776391

• Chichester Art Society's new programme of workshops for early 2014 offers great opportunities to local artists. There'll a relaunch of the popular Figures & Faces Workshops on Tuesdays 1.30-4.30pm, starting January 7th for 12 weeks to March 25th. Portrait and Life Study alternate starting with Portrait Study. You can work alongside local artist Lucie Cookson who will be overseeing the poses and offering an overview of work during the session. (Non members' £11 per session or £10 if three or more booked). Limited to 20 but enquiries about availability can be made up to 10am on the day by contacting the Secretary (see below). The Society's full programme of meetings and workshops for 2014 is on the website: www.ch-art-soc.org. All workshops are at Bassil Shippam Centre, Tozer Way, St Pancras, Chichester PO19 7LG (parking and easy access). Prices include refreshments but not materials. Further details from the Secretary on 01243 602360 or email jean.campbell@zen.co.uk or text message 07831 666451

• Monthly meetings carried out partially in Welsh, rest in English - all levels of Welsh welcome - meetings in members houses - contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com.

If you would like a non profit or profit to charity event listed then send 70 words to events@chichesterherald.co.uk All listings are subject to change without notice and mentioned here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

SATURDAY'S TV 21.12.13

Listings supplied by Press Association

CHOICE

Stephen Mulhern

The Illusionists
ITV, 9 10pm
What a mismatched bunch of individuals we have here! While some look as if they've wandered off the set of Tim Burton's latest movie, another looks like a cross between Niles Crane and Matt Smith's Doctor Who, one resembles a mad scientist, and another resembles a 21st-century take on Steed from The Avengers. But the motley group are all ace illusionists who are currently on a world tour. But before they jet off to perform their final dates in Australia, the septet are stopping off at London's Hammersmith Apollo to take part in an event hosted by Stephen Mulhern.

BBC1

6.00 Breakfast **10.00** Saturday Kitchen **11.30** Nigel Slater's Christmas Suppers (R) **12.00** Football Focus **12.45** Saturday Sportsday **1.00** BBC News; Regional News; Weather **1.10** Inspire: The Olympic Journey. Geddy Logan meets swimmer Michael Jamieson **1.45** Live Equestrian: The Olympia International Horse Show **4.30** Final Score **5.20** BBC News; Regional News; Weather **5.40** Pointless Celebrities

6.30 Strictly Come Dancing. Bruce Forsyth and Tess Daly host the live grand final

7.56 Aladdin Part one of two. Jason is reminded of his past with Crime Fantasy, starring Mark Addy, Jack Donnelly and Robert Emms, with Lucy Cohu and Sarah Parish

8.45 Strictly Come Dancing: The Results Bruce Forsyth and Tess Daly return to announce the viewers' favourite contestant, who will be following in the dance steps of last year's winner Louis Smith. Last in the series

9.50 The National Lottery Live Chris Evans reveals the results of the Lotto and the Thunderball

10.00 BBC News; Weather

10.20 Match of the Day Gary Lineker presents highlights from the Premier League including Manchester United v West Ham United at Old Trafford and Fulham v Manchester City at Craven Cottage. National Lottery Update.

11.45 The Football League Show Highlights of today's games in the Championship, League One and League Two

1.00 Weatherview **1.10** BBC News

BBC2

6.00 This Is BBC Two **6.15** Natural World: Heligan – Secrets of the Lost Gardens (R) **7.15** Antiques Road Trip **8.15** Antiques Road Trip **9.15** Antiques Road Trip **10.15** Restoration Home (R) **11.15** Alex Polizzi's Christmas Fix (R) **12.15** The A to Z of TV Cooking **1.00** Film: 12 Dates of Christmas (2011) **2.25** Film: Confessions of a Shopaholic (2009) **4.00** Are You Being Served? (R) **4.30** Flog It! (R) **5.25** Film: The Young Victoria (2009) Historical drama starring Emily Blunt

7.00 Christmas University Challenge Kent takes on Lancaster

7.35 Allo 'Allo! Yvette reveals she is pregnant. Festive episode of the comedy from 1991, starring Gorden Kaye (R)

8.20 Dad's Army Captain Mainwaring's brother visits (R)

9.00 The World's Most Expensive Stolen Paintings Alastair Sooke examines the shadowy world of art crime, investigating the circumstances surrounding audacious thefts of some of the world's most valuable works of art.

10.00 Ronnie Barker: The Many Faces Of A profile of the comedy actor and writer (R)

11.00 The Two Ronnies: The Studio Recordings Unaired takes from the classic comedy show (R)

11.30 The Wrong Mans Sam and Phil stumble upon an assassination plot (R)

12.00 The Wrong Mans (R) **1.00** Film: Wake Wood (2010) **2.25** Sign Zone: The Day I Got My Sight Back (R) **3.15** The Silent War (R) **4.15** This Is BBC Two

ITV

6.00 CITV: Rabbids and the Adventures of Sadie **6.10** The Cat in the Hat Knows a Lot About That (R) **6.25** The Cat in the Hat Knows a Lot About That (R) **6.35** Dino Dan (R) **6.50** Dino Dan (R) **7.00** Canimals (R) **7.10** Canimals (R) **7.15** Canimals (R) **7.25** Sooty (R) **7.35** Horrid Henry (R) **7.45** Mr Bean Stories (R) **7.50** Kick Buttowski – Suburban Daredevil **8.00** Kick Buttowski – Suburban Daredevil **8.15** Bottom Knocker Street **8.30** Munch Box **8.25** ITV News **9.35** The Home of Fabulous Cakes (R) **10.25** Murder, She Wrote (R) **11.20** ITV News; Weather **11.30** Surprise Surprise (R) **12.30** Let's Do Christmas with Gino & Mel **1.30** The Unforgettable Frankie Howerd (R) **2.10** Film: The Mummy: Tomb of the Dragon Emperor (2008) **4.00** Henry Potter: Behind the Magic – The Order of the Phoenix (R) **5.00** Regional Programme; Weather **5.10** ITV News; Weather **5.30** The Chase: Celebrity Special

6.30 Film: Harry Potter and the Order of the Phoenix (2007) The wizard rouses his fellow pupils into a secret army to battle the resurrected Lord Voldemort. Fantasy adventure sequel starring Daniel Radcliffe and Gary Oldman

9.10 The Illusionists Leading magicians and illusionists perform large scale tricks, comedy magic and escape stunts for a celebrity packed crowd at Hammersmith's Apollo theatre

10.15 ITV News; Weather

10.30 Film: You, Me and Dupree (2006) Comedy starring Owen Wilson

12.30 Jackpot247 **3.00** The Jeremy Kyle Show USA (R) **3.45** ITV Nightscreen

CHANNEL 4

6.20 Film: Dreamer: Inspired by a True Story (2005) **8.00** The Morning Line **9.00** The American Football Show **10.00** Frasier (R) **10.30** The Big Bang Theory **11.00** The Big Bang Theory **11.30** The Simpsons (R) **12.00** The Simpsons (R) **12.25** Jamie's Best Ever Christmas (R) **1.30** Channel 4 Racing **4.00** Gadget Man (R) **4.30** Come Dine with Me (R) **5.05** Come Dine with Me (R) **5.35** Come Dine with Me. Emma Nurse hosts Cardiff's third dinner party (R)

6.05 Come Dine with Me Gina Goddard-Hall hosts the fourth dinner party in Cardiff (R)

6.30 Come Dine with Me Hospitality manager Stewart Duff hosts the final dinner party in Cardiff, and has a reputation to live up to after constantly talking about his love of five-star cooking (R)

7.05 Channel 4 News

7.15 Film: Deck the Halls (2006) Two neighbours feud over who has the best Christmas lights and end up resorting to desperate measures to outdo each other. Comedy starring Danny DeVito and Matthew Broderick

9.00 Film: Four Christmases (2008) A couple struggle to make it through four family Christmases on the same day as they see each of their divorced parents in turn. Comedy with Vince Vaughn and Reese Witherspoon

10.40 Film: Sanctum (2011) Premiere. Underwater thriller starring Richard Roxburgh and Ioan Gruffudd

12.50 Stand Up for the Week (R) **1.35** Fresh Meat (R) **2.20** Hollyoaks (R) **4.35** 90210 **5.15** Suburgatory **5.40** The American Football Show (R)

CHANNEL 5

6.00 Milkshake! **10.10** Inside Hollywood **10.20** The Borrowers (R) **10.50** World's Strongest Man 2013: Qualifiers (R) **11.55** Eddie Stobart: Trucks and Trailers (R) **12.55** Film: Home Alone 4 (2002) **2.40** Film: Mrs Miracle 2: Miracle in Manhattan (2010) **4.25** Film: A Cinderella Story (2004) Romantic comedy starring Hilary Duff and Chad Michael Murray

6.15 Film: Secret Santa (2001) Premiere. A 10-year-old orphan believes an old man is Santa Claus, but he must learn his hope in being exploited. Family drama, starring Sherilyn Fenn, Hume Cronyn and Rory Culkin.

8.00 Film: A Christmas Carol (1999) Miserly Ebenezer Scrooge hates the Christmas season, but is warned to change his attitude by a series of ghosts. Dickens classic tale, with Patrick Stewart and Richard E Grant.

9.55 5 News Weekend

10.00 The Bible Jesus arrives in Jerusalem and declares He is the Messiah, and the high priest Caiaphas decides to approach His follower Judas Iscariot in an attempt to stop Him

11.55 Inside Hollywood Magazine show with location reports and showbusiness news from behind the scenes in Tinseltown (R)

12.00 SuperCasino: Live interactive gaming **3.05** Helicopter Warfare (R) **4.00** Wildlife SOS (R) **4.25** Make It Big (R) **4.50** Roary the Racing Car (R) **5.00** Angelo of Jarm (R) **5.10** Hana's Helpline (R) **5.20** Angelo of Jarm (R) **5.25** The Funky Valley Show (R) **5.40** Roary the Racing Car (R) **5.50** Hana's Helpline (R)

DIGITAL

BBC Three

7.00 Great Movie Mistakes 2013 **7.10** Doctor Who **7.50** Top Gear Vietnam Special **9.10** Film: Con Air (1997) **11.00** Family Guy

BBC Four

7.00 Comet of the Century: A Horizon Special **8.00** Shipwrecks: Britain's Sunken History **9.00** Film: Papillon (1973) **11.25** When Albums Ruled the World

ITV2

3.50 The Only Way Is Essexmas **4.50** Peter Andre: My Life **5.50** You've Been Framed at Christmas! **7.00** You've Been Framed at Christmas **8.00** The Xtra Factor Winner's Story (2013) **9.00** Film: The Shawshank Redemption (1994) **11.55** Celebrity Juice: Parallel Juiceyverse Part One

ITV3

3.45 Film: Columbo: Swan Song (1974) **5.50** A Touch of Frost **8.00** Lewis. The death of an Oxford don leads to the shady underworld of unlicensed boxing **10.00** Rosad Girls **11.00** Wycliffe

ITV4

3.30 Film: Blues Brothers 2000 (1998) **6.00** Storage Wars **6.30** Film: Kelly's Heroes (1970) **10.50** Film: Training Day (2001)

E4

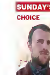
3.30 The Big Bang Theory: Geekiest Guest Stars **5.30** How I Met Your Mother **6.00** Film: Transformers: Revenge of the Fallen (2009) **11.00** The Big Bang Theory

Film4

2.45 Transformers (2007) **5.30** The Spiderwick Chronicles (2008) Fantasy adventure, starring Freddie Highmore **7.20** Zoolander (2001) Comedy starring Ben Stiller **9.00** Everything Must Go (2010) Comedy drama, starring Will Ferrell **10.55** Semi-Pro (2008) Sporting comedy starring Will Ferrell

SUNDAY'S TV 22.12.13

CHOICE



Jonas Armstrong

The Whale
BBC1, 9pm
It's almost impossible to mention the name "Sheen" without either Welsh wonder Michael or Hollywood hellraiser Charlie usually springing to mind. But there's another Sheen who deserves our attention, and that's Martin, the long-suffering father of Charlie. Anybody who's seen him in the likes of The West Wing, Badlands and Apocalypse Now, it's something of a coup that the Beeb have managed to snare him for this drama. Sheen plays Old Thomas Nickerson, a maritime veteran who recalls the time he was a cabin boy aboard the Essex, an ill-fated whaling ship.

BBC1

6.00 Breakfast **7.30** Match of the Day (R) **9.00** The Andrew Marr Show **10.00** Fern Britton Meets Christine Ohuruogu **11.00** Film: George of the Jungle (1997) **12.25** MOTD2 Extra **1.10** BBC News; Weather **1.15** Christmas Kitchen with James Martin (R) **2.00** When Miranda Met Bruce (R) **3.05** Wallace & Gromit: A Matter of Loaf and Death (R) **3.35** Snow Bears (R) **4.35** Big Sing: The UK's Top 10 Carols **5.15** Film: Alice in Wonderland (1951) Drama, with the voice of Kathryn Beaumont

6.35 BBC News; Regional News; Weather

7.00 Countryfile Christmas Special The team enjoys a woodland Christmas at Westonbirt Arboretum in Gloucestershire

8.00 Antiques Roadshow The experts are at Edinburgh's National Gallery of Modern Art, where objects include an 18th-century ivory figure ploughed up in a local field and a manuscript by Robert Burns.

9.00 The Whale Jonas Armstrong and Martin Sheen star in this drama about a 19th-century whaling ship attacked and sunk by a sperm whale, leaving the crew stranded in three smaller boats.

10.30 BBC News; Regional News; Weather

10.50 Sting: When the Last Ship Sails Sting performs songs from his new album The Last Ship, inspired by the shipbuilding community of Wallsend in north-east England, where he was born and raised

12.15 Film: The Magdalene Sisters (2002) **2.00** Weatherview **2.10** BBC News

BBC2

6.00 This Is BBC Two **7.00** Natural World: The Woman Who Swims with Killer Whales (R) **8.00** Antiques Road Trip **9.00** Antiques Road Trip **10.00** Saturday Kitchen Best Bites **11.30** Tom Kerridge Cooks Christmas (R) **12.00** Food & Drink Christmas Special (R) **1.00** EastEnders **2.55** Flog It! (R) **3.25** Film: Nativity! (2009) Comedy starring Martin Freeman **5.00** Ski Sunday **5.50** The 12 Drinks of Christmas (R)

6.50 Porridge. Fletch discovers fellow inmates at Slade Prison are planning an escape over Christmas, but is convinced it is doomed (R)

7.30 Top of the Pops 2: Christmas 2013 Mark Radcliffe presents festive favourites from the archive, including classics by John & Yoko, Slade, Wizzard, Wham! and Paul McCartney, as well as a new performance by Boyzone.

9.00 The Choir: Sing While You Work The three remaining choirs face their biggest challenge as they perform a song composed by Paul Mealor at Ely Cathedral before one is picked as the winner. Last in the series

10.00 The Sarah Millican Television Programme Christmas Special With Phillip Schofield, Jedward and Helen George

10.30 Rubbish Jack and Sarah fly in from Switzerland for Christmas. Last in the series

11.00 Film: A Bunch of Amateurs (2008) Comedy starring Burt Reynolds

12.30 Film: Peter Pan (1953) **2.30** Sign Zone: Countryfile (R) **3.30** Holby City (R) **4.30** This Is BBC Two

ITV

6.00 CITV: Rabbids and the Adventures of Sadie **6.10** The Cat in the Hat Knows a Lot About That (R) **6.25** The Cat in the Hat Knows a Lot About That (R) **6.35** Dino Dan (R) **6.50** Dino Dan (R) **7.00** Canimals (R) **7.10** Canimals (R) **7.15** Canimals (R) **7.25** Bookaboo (R) **7.35** Horrid Henry (R) **7.50** Victorious **8.15** Bottom Knocker Street **8.30** Fort Boyard Ultimate Challenge **9.25** ITV News **9.30** Storage Hoarders (R) **10.30** Sunday Side Up **11.30** Sunday Scoop **12.30** ITV News; Weather **12.35** Inside the National Trust **1.35** Let's Do Christmas with Gino & Mel **2.35** Show Me the Telly (R) **3.35** Midsomer Murders (R) **5.35** Harry Potter: Behind the Magic – The Half-Blood Prince. The making of Harry Potter and the Half-Blood Prince (R)

6.35 Regional Programme; Weather

6.45 ITV News; Weather

7.00 Coronation Street. Kylie's behaviour spirals out of control

7.30 Film: Harry Potter and the Half-Blood Prince (2009) The wizard must uncover the secrets of Lord Voldemort's past to try to end the evil sorcerer's reign of terror. Fantasy adventure sequel with Daniel Radcliffe

10.30 Sex, Lies and a Very British Scapegoat Andrew Lloyd Webber examines the Profumo Affair

11.35 ITV News; Weather

11.50 The Cube A hairdresser and a youth worker take on the challenge (R)

12.45 Premiership Rugby Union **1.35** The Store **2.55** The Jeremy Kyle Show USA **3.40** ITV Nightscreen **5.05** The Jeremy Kyle Show (R)

CHANNEL 4

6.40 Film: Garfield Gets Real (2007) **7.55** Jamie's Money Saving Meals (R) **8.25** Jamie's Money Saving Meals (R) **8.50** Jamie's Money Saving Meals (R) **9.30** Sunday Brunch **12.30** The Big Bang Theory **12.55** The Big Bang Theory **1.25** The Simpsons (R) **1.55** The Simpsons (R) **2.20** Kirstie's Crafty Christmas (R) **3.25** A Great British Christmas with Sarah Beeny (R) **4.25** Channel 4 News **4.30** Film: Scrooged (1988)

6.25 The Snowman. Animated adventure based on Raymond Briggs' festive tale about a small boy whose snowman magically comes to life and whisks him off on the journey of a lifetime to the North Pole (R)

6.55 Film: Night at the Museum: Battle of the Smithsonian (2009) Nightwatchman Larry and his living museum-exhibit friends must stop a reanimated pharaoh from taking over the world. Fantasy comedy sequel starring Ben Stiller

9.00 Homeland Carrie and Brody seek refuge as security forces close in, and while Saul plans a last-ditch rescue operation, the former marine struggles to find redemption. Last in the series

10.25 Film: Never Let Me Go (2010) Premiere. Three teenagers growing up in an isolated school come to terms with an inescapable fate. Romantic drama starring Carey Mulligan, Andrew Garfield and Keira Knightley

12.20 Alan Carr: Chatty Man (R) **1.15** American Football Live **4.45** KOTV Boxing Weekly (R) **5.10** Baking Mad with Eric Lanlard (R) **5.35** Suburgatory

CHANNEL 5

6.00 Milkshake! Peppa Pig **6.05** Roary the Racing Car (R) **6.15** Fifi and the Flowertots (R) **6.25** Bubble Guppies (R) **6.40** The Mr Men Show (R) **6.50** Chloe's Closet **7.00** Rhubarb and Custard Too (R) **7.10** Bananas in Pyjamas (R) **7.25** Make Way for Noddy (R) **7.35** City of Friends (R) **7.50** Little Princess (R) **8.10** Angelina Ballerina (R) **8.25** Rupert Bear (R) **8.40** Ben and Holly's Little Kingdom (R) **9.00** Jelly Jamm (R) **9.15** LazyTown **9.45** Toby's Travelling Circus (R) **9.55** The Mr Men Show (R) **10.15** World's Strongest Man 2013: Qualifiers (R) **11.15** My Family and Other Turkeys with Nigel Marven **12.15** Film: Richie Rich's Christmas Wish (1998) **1.50** Film: Hats Off to Christmas! (2013) **3.35** Film: It's a Very Merry Muppet Christmas Movie (2002) **5.25** The Muppets and Lady Gaga at Christmas

6.40 Film: The Family Man (2000) Drama with Nicolas Cage and Tea Leoni. Edited for language and nudity

8.55 5 News Weekend

9.00 The Bible Jesus carries His cross to Golgotha and is crucified, but Mary Magdalene finds His tomb empty when she visits it three days after His death. Last in the series

10.50 Film: Far and Away (1992) Romantic period drama, starring Tom Cruise and Nicole Kidman

1.30 SuperCasino: Live interactive gaming **3.05** Helicopter Warfare (R) **3.55** Wildlife SOS (R) **4.20** Make It Big (R) **4.50** Roary the Racing Car (R) **5.00** Angelo of Jarm (R) **5.10** Hana's Helpline (R) **5.20** Angelo of Jarm (R) **5.25** The Funky Valley Show (R) **5.40** Roary the Racing Car (R) **5.50** Hana's Helpline (R)

DIGITAL

BBC Three

7.00 Doctor Who: The Day of the Doctor **8.20** Film: Madagascar (2005) **9.40** Merry Madagascar **10.00** Russell Howard's Good News **11.00** Family Guy

BBC Four

7.00 Film: Whisky Galore! (1949) **8.20** The Puffins of Skomer **8.30** The Fir Tree **9.00** Timeshift: The Ladybird Books Story – How Britain Got the Reading Bug **10.00** John Denver: Country Boy **11.00** The Many Faces of Les Dawson

ITV2

2.55 Film: The Lost World: Jurassic Park (1997) **5.25** Film: Mr Magorium's Wonder Emporium (2007) **7.15** You've Been Framed at Christmas **7.45** Film: Miss Congeniality (2000) **10.00** Utterly Outrageous Reality TV Moments 2013 **11.00** Film: American Pie Presents: The Naked Mile (2006)

ITV3

3.05 Film: Carry On Henry (1971) **4.55** Agatha Christie's Marple **7.00** Agatha Christie's Poirot **9.00** Lewis **11.00** A Touch of Frost

ITV4

2.30 Film: Paths of Glory (1957) **4.20** Film: Nevada Smith (1966) **7.00** ITV's Year of Sport **8.00** Premiership Rugby Union **9.00** Film: Born After Bowling (2006) **11.00** Chris Eubank: Sports Life Stories

E4

5.00 How I Met Your Mother **7.00** The Big Bang Theory **10.00** The Inbetweeners **11.10** Rude Tube

Film4

2.40 Rat Race (2001) **4.50** Earthquake (1974) **7.10** Crocodile Dundee (1986) Comedy starring Paul Hogan **9.00** The Taking of Pelham 123 (2009) Thriller remake starring Denzel Washington **11.00** Don't Be Afraid of the Dark (2010)

WEDNESDAY'S TV 25.12.13

Listings supplied by Press Association

CHOICE

Paul O'Grady

Paul O'Grady: For the Love of Dogs at Christmas
ITV, 5.15pm
Paul O'Grady and the oh-so-cute residents of Battersea Dogs & Cats Home have become something of a staple in living rooms across the nation on Christmas day. Last year's episode proved a bit of a blub-fest for the softies among us, so it's probably wise to make sure we've got a box of tissues handy. Paul makes more furry friends as he finds out how each of the dogs ended up there, with his ultimate goal of being able to find them a loving home in time for Christmas.

BBC1

6.00 Breakfast. **8.00** The Gruffalo's Child. (R) **8.25** The Madagascar Penguins in a Christmas Caper. (R) **9.00** Old Jack's Boat: The Christmas Quest. **10.00** Christmas Day: Live from Westminster Abbey. **11.00 Film:** Chicken Run. (2000) **12.20** BBC News; Weather. **12.30 Film:** The Princess and the Frog. (2009) **2.00** Top of the Pops Christmas. **3.00** The Queen. **3.10** BBC News; Weather. **3.20 Film:** Toy Story 3. (2010) Premiere. Drama, with the voices of Tom Hanks and Tim Allen. **5.00** Strictly Come Dancing Christmas Special.

6.15 Call the Midwife: Christmas Special The locals are evacuated after the discovery of an unexploded bomb.

7.30 Doctor Who The Time Lord is drawn to a mysterious message.

8.30 EastEnders David and Carol get closer – but Janine's plotting looks set to ruin things.

9.30 Mrs Brown's Boys Christmas Special The first of two festive editions. The family falls out over a board game.

10.00 Michael McIntyre's Showtime Stand-up comedy from the O2 in London.

11.00 BBC News; Weather

11.20 On Christmas Night Actor Patrice Naiambana reads from The Gospel of St Matthew.

11.25 The Vicar of Dibley Geraldine attends three Christmas lunches. (R) National Lottery Update.

12.10 Would I Lie to You? At Christmas. (R) **12.40 Film:** Anchorman: The Legend of Ron Burgundy. (2004) **2.15** Weatherview. **2.20** BBC News.

BBC2

6.00 This is BBC Two. **6.20** Natural World: The Real Jungle Book Bear. (R) **7.20 Film:** Herbie Goes Bananas. (1980) **7.50 Film:** The Red Shoes. (1948) **11.00** Carols from King's. (R) **12.15** Music of the Monarchy with David Starkey. **1.20** Swingin' Christmas. (R) **2.45** The Perfect Morecambe & Wise Christmas Special. (R) **3.15** Doctor Who at the Proms. (R) **4.30** An Adventure in Space and Time. (R)

6.00 Sign Zone: The Queen Her Majesty's annual address. (R)

6.10 Matthew Bourne's Sleeping Beauty A performance of Tchaikovsky's ballet by the New Adventures dance company.

7.00 Christmas Night with the Two Ronnies The duo's festive special from 1987 with Charlton Heston and Elton John. (R)

8.30 Morecambe & Wise: Looking Ladies Penelope Keith presents a compilation of highlights from the comedy duo's shows featuring appearances by female stars of stage and screen.

9.30 The Tractate Middoth Adaptation of MR James's ghost story starring Sacha Dhawan.

10.05 MR James: Ghost Writer Mark Gatiss examines the life and career of the author.

11.00 QI XL Festive special from 2010 with Daniel Radcliffe, Graham Norton and Lee Mack. (R)

11.50 Hebburn Jack and Sarah fly in from Switzerland for Christmas. Last in the series. (R)

12.20 Film: Dead Poets Society. (1989) **2.25** This is BBC Two.

ITV

6.00 CITV: Babar and the Adventures of Badou. **6.10** Dino Dan. (R) **6.25** Dino Dan. (R) **6.40** Sooty. (R) **6.50** Peekaboo. (R) **7.05** Horrid Henry. (R) **7.20** Almost Naked Animals. (R) **7.40** Almost Naked Animals. (R) **7.55** Bottom Knocker Street. **8.10** Bottom Knocker Street. **8.25** Dinner Date. (R) **9.25 Film:** Santa Claus: The Movie. (1985) **11.25** The Chase Celebrity Special. (R) **12.30** The Big Christmas Reunion. (R) **1.30** You've Been Framed! At Christmas. (R) **2.10** River Deep Mountain High: James Nesbitt in New Zealand. **3.00** The Queen. **3.10** ITV News; Weather. **3.20 Film:** Tangled. (2010) **5.15** Paul O'Grady: For the Love of Dogs at Christmas.

6.15 Emmerdale Hour-long episode. Aiden and David's wedding day arrives and everything seems to be going wrong, while Charity catches a drunken Declan pouring petrol around his house.

7.15 ITV News Weather

7.30 Coronation Street Hour-long episode. Nick flies into a rage and slaps Leanne, Roy's hopes for a good Christmas with Hayley are dashed, and Carla makes Peter an equal partner in Underworld.

8.30 Downton Abbey Rose is to be presented at Buckingham Palace as part of her debutante "coming out", but the Crawleys are implicated in a scandal that could engulf the monarchy. Last in the series.

10.30 ITV News Weather

10.45 Film: Love Actually (2003) Romantic comedy with Hugh Grant.

1.10 Christmas Carols on ITV. (R) **2.10 Film:** Closing the Ring. (2007) **4.00** ITV Nightscreen.

CHANNEL 4

6.10 Ivor the Invisible. (R) **6.35** Prep & Landing. (R) **7.00** Famous Fred. (R) **7.25** Little Wolf's Book of Badness. (R) **7.55** Olive, the Other Reindeer. (R) **8.50 Film:** James and the Giant Peach. (1996) **10.25 Film:** Horton Hears a Who! (2008) **12.05** The Big Bang Theory. (R) **12.35** The Big Bang Theory. **1.05** The Simpsons. (R) **1.40** The Snowman. (R) **2.10** The Snowman and the Snowdog. (R) **2.45** The Simpsons. (R) **3.15** Deal or No Deal: Ideal Christmas. **4.15** The Alternative Christmas Message. **4.20** Channel 4 News. **4.30** 4thought.tv. **4.35 Film:** The Muppet Christmas Carol. (1992)

6.15 Film: Home Alone 2: Lost in New York. (1992) Comedy sequel starring Macaulay Culkin, Joe Pesci and Daniel Stern. Edited for daytime broadcast.

8.30 Bear's Wild Weekend with Stephen Fry Bear Grylls takes the QI host on an expedition to the Italian Dolomites.

9.30 Alan Carr: Chatty Man Christmas Special The comedian hosts a show filled with festive fun and frolics, joined by Russell Brand, Davina McCall and David Dickinson. Little Mix perform their new single. Last in the series.

10.35 Man Down Christmas Special Dan deals with a school play and a terrifying yuletide tradition.

11.15 Father Ted Christmas Special Dougal and Ted get lost in a lingerie department. (R)

12.15 Father Ted. (R) **3.05 Film:** A Matter of Life and Death. (1946) **4.50** 90210. **5.30** Snowmageddon. **5.55** Prep & Landing: Naughty v Nice. (R)

CHANNEL 5

6.00 Milkshake! Igam Ogam. **6.10** Fireman Sam. (R) **6.20** Milkshake! Bop Box. **6.25** Milkshake! Monkey. **6.30** Little Princess. (R) **6.40** Ben and Holly's Little Kingdom. (R) **6.55** Thomas & Friends. **7.05** Noddy in Toyland. (R) **7.15** Peppa Pig. (R) **7.20** Peppa Pig. (R) **7.30** Toby's Travelling Circus. **7.40** Bananas in Pyjamas. **7.50** Tickety Toc. **8.05 Film:** Scrooge. (1970) **10.15 Film:** Gone with the Wind. (1939) **2.35 Film:** Casablanca. (1942) Romantic drama, with Humphrey Bogart. **4.40** Greatest Ever Christmas Movies. (R)

7.30 Britain's Craziest Christmas Lights The extensive festive illuminations of four households. (R)

8.30 Eddie Stobart: 12 Days of Christmas A compilation of the most memorable festive moments from the series following the haulage company, featuring workers battling the elements, the traffic and the Christmas rush. (R)

9.30 Film: Michael Jackson's This Is It (2009) Premiere. Documentary following the singer rehearsing for his planned 50 shows at London's O2 before his death in June 2009. Featuring classic hits and interviews with Jackson.

11.00 Greatest Christmas TV Moments Countdown of 50 festive TV highlights, featuring Gavin & Stacey, Morecambe and Wise, Only Fools and Horses, Wallace and Gromit, Doctor Who, Top of the Pops and The Royle Family. (R)

2.35 SuperCasino. **3.55** House Doctor. (R) **4.45** Great Artists. (R) **5.10** Nick's Quest. (R) **5.35** Wildlife SOS. (R)

DIGITAL

BBC Three
7.00 The Madagascar Penguins in a Christmas Caper. **7.10 Film:** Madagascar. (2005) **8.30 Film:** Indiana Jones and the Temple of Doom. (1984) **10.25** EastEnders. **11.20** Family Guy.

BBC Four
7.00 Arena: Sister Wendy and the Art of the Gospel. **8.10** The Royal Ballet: Don Quixote. **10.15** Whatever Happened to the Likely Lads? **11.00** Top of the Pops Christmas 1977. **11.50** Top of the Pops Christmas 1978.

ITV2
3.20 The Xtra Factor: Groups All-Time Best and Worst. **4.20** The Xtra Factor: Overs All-Time Best and Worst. **5.20** You've Been Framed at Christmas! **6.20 Film:** The Mummy: Tomb of the Dragon Emperor. (2008) **8.30 Film:** Star Wars: Episode II – Attack of the Clones. (2002) **11.15 Film:** Shaun of the Dead. (2004)

ITV3
2.25 Film: Carry On at Your Convenience. (1971) **4.15 Film:** Carry On Girls. (1973) **6.10 Film:** Carry On Again Doctor. (1969) **8.00 Film:** Carry On Cleo. (1964) **10.00 Film:** Carry On Up the Jungle. (1970) **11.50 Film:** Gregory's Girl. (1981)

ITV4
2.10 Film: Smokey and the Bandit II. (1980) **4.10 Film:** Spartacus. (1960) **8.00 Film:** Cool Hand Luke. (1967) **10.35 Film:** Quadrophenia. (1979)

E4
3.25 The Big Bang Theory. **5.00** How I Met Your Mother. **6.00** The Big Bang Theory. **7.00** The Snowman. **7.30** The Snowman and the Snowdog. **8.00** The Big Bang Theory. **9.30** The Inbetweeners.

Film4
3.10 The Lavender Hill Mob. (1951) **4.50** Big Fish. (2003) **7.10** Chalet Girl. (2011) **9.00** Iron Man. (2008) **11.25** Troll Hunter. (2010)

THURSDAY'S TV 26.12.13

CHOICE

Matthew Rhys

Death Comes to Pemberley
BBC1, 8.15pm
It is a truth universally acknowledged that people just can't stop tinkering with Pride and Prejudice. One of the best of the many homages is PD James' sequel, Death Comes to Pemberley, which takes the much-loved characters and puts them in the middle of a detective story, and now it's been brought to the screen in this three-part adaptation. The action picks up six years after Darcy and Elizabeth's marriage (Matthew Rhys and Anna Maxwell Martin) and finds the couple preparing for a ball at their grand estate.

BBC1

6.00 Breakfast. **8.00** Room on the Broom. (R) **8.25** Mouse and Mole at Christmas Time. **8.55 Film:** 101 Dalmatians. (1996) **11.30 Film:** Flushed Away. (2006) **12.00** BBC News. **1.00** Regional News; Weather. **1.05 Film:** Wallace & Gromit in The Curse of the Were-Rabbit. (2005) **2.25 Film:** Alice in Wonderland. (2010) **4.05 Film:** Cars 2. (2011) **5.45** BBC News.

6.00 Regional Programme; Weather

6.05 Gangsta Granny Family comedy based on David Walliams' book about a low-breaking OAP who takes her bored grandson on a crime spree.

7.15 EastEnders Phil is in for a surprise when new Vic landlord Mick makes his presence felt.

7.45 Still Open All Hours David Jason returns in this one-off special of the popular comedy.

8.15 Death Comes to Pemberley New series. Pride and Prejudice sequel, bringing Jane Austen's world back to life in a highly original way, with a murder mystery plot at its centre. Anna Maxwell Martin stars.

9.20 Len Goodman's Perfect Christmas Festive TV clips chosen by the Strictly judge.

10.00 BBC News

10.15 Regional News Weather

10.20 Match of the Day Including highlights of Manchester City v Liverpool.

11.50 Have I Got a Bit More 2013 News for You Extended compilation of highlights from this year's editions. Last in the series.

12.00 Skiing Weatherview. **12.45** BBC News.

BBC2

6.00 This is BBC Two. **6.05** Natural World. (R) **6.50 Film:** Herbie Goes to Monte Carlo. (1977) **8.35** Westminster Abbey. (R) **9.35** Earthflight. (R) **10.35** Pride & Prejudice: Having a Ball. (R) **12.05 Film:** Emma. (1996) **2.00** Operation Snow Tiger. (R) **3.00** Operation Snow Tiger. (R) **4.00** Final Score. **5.15** You Have Been Watching – David Croft. (R)

6.15 Film: Dad's Army. (1971) British comedy based on the TV series, starring Arthur Lowe and John Le Mesurier.

7.45 Christmas University Challenge Alumni from the colleges of Gonville & Caius, Cambridge, and Christ Church, Oxford compete, with Andrew Graham-Dixon and Michael Dodds among the contestants.

8.15 Idris Elba: King of Speed Part one of two. Documentary in which the Luther star embarks on an international journey to explore the history of car racing while sampling the thrill of competition vehicles.

9.15 Ben & James Versus the Arabian Desert Part one of two. Ben Fogle and James Cracknell follow in the footsteps of British explorer Wilfred Thesiger and attempt to trek across a portion of the Rub' al Khali.

10.15 Film: King Arthur (2004) A Roman commander in fifth-century Britain comes to realise his true destiny is to lead the people against Saxon invaders. Adventure, starring Clive Owen and Keira Knightley.

12.10 Film: Dracula. (1958) Horror, starring Christopher Lee. **1.30 Film:** Sign Zone: Jane Eyre. (2011) **3.20** This is BBC Two.

ITV

6.00 CITV: Babar and the Adventures of Badou. **6.10** Dino Dan. (R) **6.25** Dino Dan. (R) **6.40** Sooty. (R) **6.50** Peekaboo. **7.05** Horrid Henry. (R) **7.20** Almost Naked Animals. (R) **7.40** Almost Naked Animals. (R) **7.55** Bottom Knocker Street. **8.10** Bottom Knocker Street. **8.25** Dinner Date. **9.25 Film:** Problem Child. (1990) **11.10 Film:** The Flintstones. (1994) **12.45** ITV News; Weather. **1.05 Film:** Casper. (1995) **3.00** Harry Potter and the Deathly Hallows: Part 1 – Behind the Magic. (R) **4.00** Off Their Rockers. (R) **4.30** The Nation's Favourite Elvis Song. (R)

6.00 ITV News Weather

6.15 Emmerdale Hour-long episode. At Home Farm, the fire is raging and Charity tries to get Declan to leave. Eventually, they flee the grounds, but Megan rushes inside – and becomes trapped.

7.15 Film: Harry Potter and the Deathly Hallows: Part 1 (2010) Premiere. Fantasy adventure, starring Daniel Radcliffe and Ralph Fiennes.

10.05 I Am Britney Jean: Britney Spears in Las Vegas Documentary following the pop star as she prepares for her performance residency in Las Vegas, revealing how she handles the pressures that come with the next chapter of her career.

11.05 ITV News Weather

11.20 Through the Christmas Keyhole Keith Lemon rummages through the homes of three mystery celebrities. (R)

12.20 Film: The Affair of the Necklace. (2001) **2.20 Film:** Inland Empire. (2006) **5.20** ITV Nightscreen.

CHANNEL 4

6.15 Film: Mysterious Island. (1961) Sci-fi adventure, starring Michael Craig. **8.00** Morning Line. **9.00** Frasier. (R) **9.30** Frasier. (R) **10.00** The Big Bang Theory. (R) **10.30 Film:** The King and I. (1956) Oscar-winning musical, starring Yul Brynner and Deborah Kerr. **1.05** Channel 4 Racing. Including the King George VI Chase at 3.10. **3.35** Deal or No Deal: Ideal Christmas. **4.30** Come Dine with Me: Comedians Christmas Special. (R) **5.35** Hollyoaks.

6.05 Channel 4 News

6.15 4thought.tv A week of programmes about how Christmas is perceived by those who do not celebrate it.

6.20 Film: Independence Day (1996) The US president leads the fight against a force of seemingly indestructible alien invaders intent on conquering Earth. Sci-fi adventure, with Will Smith, Bill Pullman and Jeff Goldblum.

9.00 Big Fat Quiz of the Year 2013 Jimmy Carr poses questions about the major events of the year to Jack Whitehall, Jonathan Ross, Dara O Briain, Kristen Schaal, Noel Fielding and Richard Ayoade.

11.05 Alan Carr: Chatty Man Christmas Special The comedian hosts a show filled with festive fun and frolics, joined by Russell Brand, Davina McCall and David Dickinson. Little Mix perform their new single. Last in the series. (R)

12.10 Film: Machete. (2010) Action thriller, starring Danny Trejo. **2.00 Film:** Legend. (1985) **3.35** A Place in the Sun: Winter Sun. (R) **4.30** Secret Removers. **5.30** Snowmageddon.

CHANNEL 5

6.00 Milkshake! Bananas in Pyjamas. **6.10** Igam Ogam. **6.25** Fireman Sam. (R) **6.35** The WotWots. (R) **6.45** Peppa Pig. (R) **6.50** Milkshake! Bop Box. **6.55** Milkshake! Monkey. (R) **7.00** Little Princess. (R) **7.10** Ben and Holly's Little Kingdom. (R) **7.20** The Mr Men Show. (R) **7.35** Thomas & Friends. **7.45** Noddy in Toyland. (R) **7.55** Fifi and the Flowertots. (R) **8.10** Peppa Pig. (R) **8.15** Peppa Pig. (R) **8.25** Toby's Travelling Circus. (R) **8.35** Bananas in Pyjamas. (R) **8.55** Tickety Toc. **9.15** Bert and Ernie's Great Adventures. (R) **9.15** Roary the Racing Car. (R) **9.30** Mist: Sheepdog Tales. (R) **9.45** World's Strongest Man 2013: Qualifiers. (R) **10.45** Eddie Stobart: 12 Days of Christmas. (R) **11.45** World's Most Pampered Pets. **12.45 Film:** High Society. (1956) **2.55 Film:** Meet Me in St Louis. (1944) Musical, starring Judy Garland. **5.15 Film:** The Wizard of Oz. (1939) Musical fantasy, starring Judy Garland.

7.15 Michael Bublé's Christmas Special The Canadian crooner performs classic festive songs.

8.15 World's Strongest Man 2013 The opening heat from Haitang Bay in Sanya, China.

9.15 Britain's Favourite Christmas Songs A countdown of songs guaranteed to make any Christmas party go with a swing, including classics by the Jackson 5, John Lewis, Band Aid, Mud, the Pogues and Kirsty MacColl, and Slade. (R)

12.10 Michael Bublé's Christmas Special. (R) **1.10** SuperCasino. **3.00** Blackpool Lights. **3.55** House Doctor. (R) **4.00** Great Artists. (R) **5.10** Nick's Quest. (R) **5.35** Wildlife SOS. (R)

DIGITAL

BBC Three
7.00 Doctor Who. **8.00 Film:** Indiana Jones and the Last Crusade. (1989) **10.10** Bad Education Christmas Special. **10.30** EastEnders. **11.00** Family Guy.

BBC Four
7.00 Norman Wisdom: His Story. **8.00** Polar Bear: Spy on the Ice. **9.00** Great American Rock Anthems: Turn It Up to 11. **10.00** Never Mind the Buzzcocks: Xmas '77 with the Sex Pistols. **11.00** Pop Charts Britannia: 60 Years of the Top 10.

ITV2
1.00 Film: Star Wars: Episode I – The Phantom Menace. (1999) **4.20 Film:** Star Wars: Episode II – Attack of the Clones. (2002) **7.10** You've Been Framed! Calendar Special. **8.15 Film:** Johnny English. (2003) **10.00** Celebrity Juice: Parallel Juiceyverse Part Two. **11.00 Film:** Hot Fuzz. (2007)

ITV3
3.20 Film: Carry On Up the Jungle. (1970) **5.15 Film:** Carry On Cleo. (1964) **7.10 Film:** Carry On Camping. (1969) **9.00 Film:** Steptoe and Son. (1972) **11.00 Film:** Fierce Creatures. (1997)

ITV4
1.55 Film: The Last Sunset. (1961) **4.15 Film:** Guns of a Stranger. (1973) **6.00** ITV's Year of Sport. **7.05 Film:** Kelly's Heroes. (1970) **10.00 Film:** Public Enemies. (2009)

E4
2.25 Film: Alvin and the Chipmunks. (2007) **4.10** Prep & Landing: Naughty v Nice. **4.35** Rude(ish) Tube. **5.05** How I Met Your Mother. **6.00** Hollyoaks. **7.05** The Big Bang Theory. **8.10** Rude(ish) Tube. **9.00 Film:** Transformers: Revenge of the Fallen. (2009)

Film4
2.40 Young Sherlock Holmes. (1985) **4.50** Crocodile Dundee. (1986) **6.40** Percy Jackson & the Lightning Thief. (2010) **9.00** Sightseers. (2012) **10.45** Man on Fire. (2004)

WEDNESDAY'S TV 1.01.14

Listings supplied by Press Association

CHOICE

Chris Packham

Nature's Weirdest Events
BBC2, 8pm
Chris Packham is perfectly cast in the presenting role of this new two-parter about nature's most bizarre happenings and the world's weirdest animals. The programme wraps up tonight with a trip to Florida to hear how the fish there are walking out of water. Meanwhile, bees in France have been making shocking multi-coloured honey. Chris explains how whales and dolphins have forged an unlikely friendship, how trees are seeping red blood and why all over the world people have been reporting alien-like sounds coming from the sky.

BBC1

6.00 Breakfast **9.40 Film:** The Art Fairly (2006) **10.20 Film:** Who Framed Roger Rabbit (1988) **11.55** Polar Bear: Spy on the Ice. (R) **12.40** The Archbishop of Canterbury's New Year Message **12.50** BBC News **1.00** Regional News; Weather **1.05** Gangsta Granny. (R) **2.15 Film:** The Sound of Music (1965) **5.00 Film:** Kung Fu Panda 2. (2011)

6.25 BBC News

6.35 Regional Programme; Weather

6.45 Film: Gnomeo & Juliet (2011) Premiere. Two garden gnomes fall in love but their romance is threatened by a feud between their gardens. Animated comedy, with the voice of James McAvoy.

8.00 EastEnders Phil helps Ronnie in her battle against Carl. Mick shocks Linda by announcing they have been invited to their daughter's wedding and Tina creeps out after her night with Billy.

9.00 Sherlock New series. Two years on from his reported demise, Holmes resurfaces as London comes under threat of terrorist attack – and Watson worries his settled domestic life is at an end.

10.25 BBC News

10.40 Regional News; Weather

10.50 Match of the Day Gary Lineker presents Premier League highlights, including Manchester United v Tottenham Hotspur at Old Trafford and Southampton v Chelsea at St Mary's Stadium. National Lottery Update.

12.20 The Graham Norton Show (R) **1.20** Weatherview **1.25** BBC News

BBC2

6.00 This Is BBC Two **6.50** Natural World: Zambezi (R) **7.50 Film:** Flight of the Navigator. (1986) **9.15** The Great British Bake Off. (R) **10.15** The Great British Bake Off. (R) **11.15** New Year's Day Concert **12.40** The Many Faces of Michael Caine. (R) **1.20 Film:** The Eagle Has Landed. (1976) **3.30** Sports Personality of the Year at 60. (R) **4.20** Final Score. **5.20** The Archbishop of Canterbury's New Year Message. (R) **5.25** Christmas University Challenge **5.55 Film:** The Terminal. (2004)

8.00 Nature's Weirdest Events Chris Packham investigates reports of fish "walking" out of the water in Florida, bees in France that are making multicoloured honey and trees oozing a blood-red liquid.

9.00 Glasgow: Big Night Out Glaswegian entertainer Stanley Baxter narrates a documentary looking at his home city through the eyes of acts who have performed there and the audiences who went to see them.

10.00 The Many Faces of Stanley Baxter A profile of the Glaswegian entertainer whose TV shows drew huge audiences in the 1970s and 80s. With contributions from Michael Grade, Barry Cryer, Bill Oddie and Gregor Fisher. (R)

11.00 The Sarah Millican Slightly Longer Christmas Television Programme Extended edition. With Philip Schofield, Andy Parfitt and Helen George.

11.40 Film: The Resident (2011) Premiere. Horror, with Hilary Swank.

1.00 Film: Shadow of the Vampire (2000) **2.25** This Is BBC Two

ITV

6.00 CITV: Baber and the Adventures of Badou **6.10** Baber and the Adventures of Badou (R) **6.20** Almost Naked Animals. (R) **6.40** Almost Naked Animals. (R) **6.50** Horrid Henry. (R) **7.05** Horrid Henry. (R) **7.20** Om Nom Stories. (R) **7.25** Share a Story: The Winners' Journey. (R) **7.55** Bottom Knocker Street. (R) **8.10** Bottom Knocker Street. (R) **8.25** Dinner Date. (R) **9.25** Murder, She Wrote. (R) **10.25 Film:** Columbo Goes to College (1991) **12.20** Dickinson's Real Deal (R) **1.25** ITV News; Weather **1.50 Film:** Uncle Buck. (1989) **3.40** 50 Greatest Harry Potter Moments (R) **5.40** The Illusionists (R)

6.45 ITV News; Weather

7.00 Emmerdale Charity's plot to frame Sam seems to be working, while he and Rachel make plans, unaware of what is brewing.

7.30 Coronation Street Tina is furious when Peter acts like nothing happened.

8.00 Film: Harry Potter and the Deathly Hallows: Part 2 (2011) Premiere. The young wizard and his friends face a final battle with the forces of the dark lord Voldemort. Conclusion of the fantasy saga, with Daniel Radcliffe.

10.30 ITV News; Weather

10.50 2013: A Funny Old Year Jason Manford celebrates the highs and lows of the past 12 months. (R)

11.50 The Jonathan Ross Show With David Attenborough, John Bishop, Jamie Oliver, Ray Winstone and Jimmy Doherty. (R)

12.50 Jackpot247 **3.00 Film:** Training Day (2001) **5.00** ITV Nightscreen **5.00** The Jeremy Kyle Show (R)

CHANNEL 4

6.05 According to Jim (R) **6.30** Will & Grace (R) **7.00 Film:** Freaky Friday. (1976) Disney fantasy comedy, starring Jodie Foster. **8.55** How I Met Your Mother. (R) **9.20** How I Met Your Mother. (R) **9.50** The Big Bang Theory. (R) **10.20 Film:** Planet 51. (2009) Animated sci-fi comedy, with the voice of Dwayne Johnson. **12.05** Deal or No Deal. **1.05** Channel 4 Racing. Live coverage from Cheltenham and Musselburgh. **3.40** The Simpsons. (R) **4.10 Film:** Big (1988) Comedy starring Tom Hanks.

6.10 Channel 4 News

6.20 Film: The Karate Kid (2010) An American youngster living in China falls foul of bullies, until a kindly kung fu master teaches him to defend himself. Martial arts drama, with Jaden Smith and Jackie Chan.

9.00 David Blaine: Real or Magic The illusionist performs mind-boggling tricks for a host of celebrities, including Katy Perry, Will Smith, Kanye West, Jamie Foxx, Ricky Gervais and Stephen Hawking.

10.20 Big Fat Quiz of the Year 2013 Jimmy Carr poses questions about the major events of the year to Jack Whitehall, Jonathan Ross, Dara O Briain, Kristen Schaal, Noel Fielding and Richard Ayoade. (R)

12.20 Film: Alien. (1979) Ridley Scott's sci-fi horror, with Sigourney Weaver, Tom Skerritt, Ian Holm and John Hurt. **2.20 Film:** The Quiller Memorandum. (1966) Spy thriller starring George Segal. **4.00** Deal or No Deal: Ideal Christmas. (R) **5.00** Countdown. (R) **5.40** Baking Mad with Eric Lanlard. (R)

CHANNEL 5

6.00 Milkshake! Igam Ogam **6.10** Fireman Sam. (R) **6.20** The Wotwots. (R) **6.30** Peppa Pig. (R) **6.35** Milkshake! Pop Box. (R) **6.40** Milkshake! Monkey. (R) **6.45** Little Princess. (R) **7.00** Ben and Holly's Little Kingdom. (R) **7.10** The Mr Men Show. (R) **7.25** Thomas & Friends. (R) **7.35** Noddy in Toyland. (R) **7.45** Fifi and the Flowertots. (R) **7.55** Peppa Pig. (R) **8.05** Peppa Pig. (R) **8.10** Toby's Travelling Circus. (R) **8.20** Bananas in Pyjamas. (R) **8.35** Tickety Toc. (R) **8.45 Film:** Thomas & Friends: King of the Railway – The Movie. (2013) **9.55** Inside Hollywood. **10.10** The Dog Rescuers. (R) **10.40** World's Strongest Man 2013. (R) **11.40** World's Strongest Man 2013. (R) **12.40** Eddie Stobart: Trucks and Trailers. (R) **1.40 Film:** The Glenn Miller Story. (1954) **3.55 Film:** Greystoke: The Legend of Tarzan, Lord of the Apes. (1984)

6.30 Film: The Dam Busters (1954) An engineer designs an ingenious bouncing bomb to destroy major dams in Germany's industrial heartland. Fact-based Second World War drama, with Michael Redgrave.

8.00 5 News

9.00 An Audience with Ken Dodd Comedy and entertainment from the Liverpudlian comedian, as he celebrates his long reign in showbusiness with the help of an all-star audience. (R)

10.00 An Audience with Cliff Richard The singer performs before a celebrity audience. (R)

12.30 Michael Bolton's Christmas Special. (R) **1.40** SuperCasino. **3.00** Monster Moves. (R) **3.50** Horse Doctor. (R) **4.40** Great Artists. (R) **5.10** Great Scientists. (R) **5.30** Wildlife SOS. (R)

DIGITAL

BBC Three
7.00 Film: Indiana Jones and the Last Crusade (1989) **9.00** Jack Whitehall Live **10.25** Backchat with Jack Whitehall and His Dad **11.10** EastEnders

BBC Four
7.00 New Year's Day Concert Live from Vienna **9.00** Cleopatra: The Film That Changed Hollywood **11.00** Arena: Ken Dodd – Happiness

ITV2
2.10 Film: Ice Age: The Meltdown (2006) **4.00 Film:** The Mummy: Tomb of the Dragon Emperor (2008) **6.10 Film:** Johnny English (2003) **8.00** Two and a Half Men **9.00 Film:** Love Actually (2003) **11.40** Two and a Half Men

ITV3
2.30 Agatha Christie's Poirot **4.40** Agatha Christie's Marple **6.50** A Touch of Frost **9.00** The Suspicions of Mr Whicher **11.00** Law & Order: UK

ITV4
3.40 Lonesome Dove **5.00** David Weir: Sports Life Stories **6.00** Jermain Defoe: Sports Life Stories **7.00** Cheers **8.00** World of Sport: Crazy Racing **8.15 Film:** Police Academy 6: City Under Siege (1989) **10.00 Film:** Daylight (1996)

E4
1.55 Film: Home Alone (1990) **4.00** The Big Bang Theory **5.00** Ride(ish) Tride **5.30** The Big Bang Theory: Viewer's Choice **6.00 Film:** Home Alone 2: Lost in New York (1992) **10.40 Film:** Final Destination 3 (2006)

Film4
2.40 Journey to the Center of the Earth (2008) **4.30** Crocodile Dundee II (1988) **6.40** Percy Jackson & the Lightning Thief (2010) **9.00** Predators (2010) **11.10** Man on Fire (2004)

THURSDAY'S TV 2.01.14

CHOICE

Emilia Fox

Silent Witness
BBC1, 9pm
Fans of the long-running crime drama were devastated when Professor Leo Dalton bowed out at the end of the last series. He's been replaced by Richard Lintern as Dr Thomas Chamberlain who will hopefully be a worthy successor to Leo when he makes his debut in the first of a new series. However he may face a tough time winning over Nikki, who's still struggling to cope with Leo's death as the new series begins. Perhaps a new investigation will take her mind off things – it's a real humdinger too. A footballer is linked to the murder of a young woman.

BBC1

6.00 Breakfast **9.00** Match of the Day. (R) **10.30 Film:** The Panther (2005) **12.00** Bargain Hunt **1.00** BBC News **1.30** Regional News **1.45 Film:** The Sorcerer's Apprentice (2010) **3.25** Escape to the Country. (R) **4.10** Flog It! **5.10** Pointless Celebrities

6.00 BBC News

6.30 Regional Programme

7.00 Celebrity Mastermind Adil Ray, Mark Porter, Kevin Eldon and Jordan Stephens answer questions on Fawlty Towers, the Porsche 911, the Beatles and the life and times of Ross Geller of Friends.

7.30 EastEnders Kat gets a shock when Alfie starts work on a market stall, a misunderstanding sparks a family argument between the Carters and Phil is surprised to see Peter and Lola together.

8.00 Dolphins – Spy in the Pod First of a two-part documentary taking an intimate look at the secret world of the marine mammal, using camcorders attached to fast-moving animatronics to record life in the oceans.

9.00 Silent Witness New series. Part one of two. The Lyell Centre has a new boss in the shape of pathologist Thomas Chamberlain (Richard Lintern), who helps examine a young woman's disfigured body.

10.00 BBC News

10.25 Regional News; Weather

10.35 Film: Pretty Woman (1990) Romantic comedy with Julia Roberts and Richard Gere.

12.30 Film: The Weekend (2005) **2.00** Sign Weatherview **2.05** BBC News

BBC2

6.00 This Is BBC Two **6.30** Natural World: Queen of the Savannah. (R) **7.30** Sign Zone: Tudor Monastery Farm. (R) **8.30** Britain's Empty Homes. (R) **9.00** Africa. (R) **10.00** Earthflight. (R) **11.00** The Great British Bake Off. (R) **1.00** Antiques Road Trip. **2.00 Film:** The Heroes of Telemark. (1965) **4.05** The Queen's Palaces. (R) **5.15** Vintage Antiques Roadshow. (R)

6.00 Celebrity Eggheads. Five former footballers take on the expert quizzers. (R)

6.30 Glasgow: Big Night Out Glaswegian entertainer Stanley Baxter narrates a documentary looking at his home city through the eyes of acts who have performed there and the audiences who went to see them. (R)

7.30 Christmas University Challenge The second semi-final of the prize.

8.00 Top Gear Highlights from the motoring show's most recent series. (R)

9.00 PQ17: An Arctic Convoy Disaster The story of an Allied convoy heading for the Russian port of Arkhangelsk in 1942.

10.00 Rab C Nesbitt One-off episode of the comedy. Rab turns to a life of crime to help make ends meet.

10.45 John Sergeant Meets Rab C Nesbitt The veteran reporter finds out how the recession is affecting Rab. (R)

11.30 Idris Elba – King of Speed Part one of two. The Luther star explores the history of car racing. (R)

12.30 Idris Elba – King of Speed (R) **1.30** Sign Zone: World's Busiest Maternity Ward. (R) **2.30** Two Doors Down. (R) **3.30** This Is BBC Two

ITV

6.00 Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show. **10.30** This Morning **12.30** Loose Women **1.30** ITV News; Weather **1.55** Regional Programme; Weather **2.00** All Star Mr & Mrs. (R) **3.00** Secrets from the Workhouse. (R) **3.59** Regional Programme **4.00** Tipping Point. (R) **5.00** The Chase

6.00 Regional Programme; Weather

6.30 ITV News; Weather

7.00 Emmerdale Sam is panic-stricken when the police arrest him on suspicion of arson with intent.

7.30 Do You Know Your Neighbours? Tonight. Residents are coming together to celebrate their community for the first time.

8.00 Emmerdale Charity and Declan fear their plan is falling apart.

8.30 Birds of a Feather New series. ITV's revival of the hit BBC sitcom.

9.00 Benidorm New series. The Garveys' holiday starts to go wrong at Alicante Airport, while swingers Donald and Jacqueline stage a protest when manager Joyce refuses to give them a room.

10.00 ITV News at Ten; Weather

10.30 Regional Programme; Weather

10.35 The Americans Another chance to see the first episode of the KGB spy drama. (R)

11.55 The Unforgettable Leslie Crowther A profile of the game-show host. (R)

12.20 Jackpot247: Interactive gaming **3.00** Do You Know Your Neighbours? Tonight (R) **3.25** ITV Nightscreen **5.00** The Jeremy Kyle Show (R)

CHANNEL 4

6.05 According to Jim. (R) **6.30** Will & Grace. (R) **7.25 Film:** Flicka. (2006) **9.05** How I Met Your Mother (R) **10.10** The Big Bang Theory. (R) **11.05** The Simpsons. (R) **11.35 Film:** Flash Gordon. (1980) **1.50 Film:** The Jewel of the Nile. (1985) **4.00** Deal or No Deal. **5.00** Celebrity Come Dine with Me. (R)

6.00 The Simpsons. Homer unwittingly delivers his mother into the hands of the police – who put her on trial for sabotaging Mr Burns' germ warfare lab in the 1960s. With the voice of Glenn Close. (R)

6.30 Hollyoaks Theresa's antics threaten to spoil Carmel's big day.

7.00 Channel 4 News

8.00 The Restoration Man New series. Architect George Clarke follows the progress of Londoners Alison and Matthew Grey, who want to turn a pumping station into a des-res haven.

9.00 My Big Fat Gypsy Holiday Following members of the travelling community planning trips abroad, from a bride-to-be going to Mexico for her honeymoon, to a young girl making a religious pilgrimage to Bosnia.

10.00 Secrets of the Scammers From credit card street scams to sophisticated online computer fraud.

10.50 Film: Aliens (1986) Sci-fi thriller sequel starring Sigourney Weaver.

1.45 Coming Up. (R) **2.05** Emily's Song. (R) **2.25** Food Unwrapped's Christmas Dinner. (R) **3.20** A Place in the Sun: Winter Sun. (R) **4.15** Deal or No Deal: Ideal Christmas. (R) **5.10** SuperSwimmers. (R) **5.25** Countdown. (R)

CHANNEL 5

6.00 Milkshake! Bananas in Pyjamas. **6.10** Igam Ogam. (R) **6.20** Fireman Sam. (R) **6.35** The Wotwots. (R) **6.45** Peppa Pig. (R) **6.50** Milkshake! Pop Box. (R) **6.55** Milkshake! Monkey. (R) **7.00** Little Princess. (R) **7.10** Ben and Holly's Little Kingdom. (R) **7.20** The Mr Men Show. (R) **7.40** Thomas & Friends. (R) **7.55** Noddy in Toyland. (R) **8.05** Fifi and the Flowertots. (R) **8.15** Peppa Pig. (R) **8.25** Peppa Pig. (R) **8.35** Toby's Travelling Circus. (R) **8.50** Bananas in Pyjamas. (R) **9.05** Tickety Toc. (R) **9.20** Bert and Ernie's Great Adventures. (R) **9.30** Mist: Sheepdog Tales. (R) **9.55** Cowboy Builders. (R) **10.50** Eddie Stobart: Trucks and Trailers. (R) **11.50** 5 News Lunchtime **11.55** Titanic. (R) **3.10 Film:** Columbo: By Dawn's Early Light. (1974) **5.00** 5 News at 5 **5.40** Cowboy Builders. (R)

6.30 NewsTalk Live

7.00 Fat: The – Get Fat Again! People who cannot maintain their new weight after dieting. (R) 5 News Update

8.00 Too Fat to Fly Obese Britons who have suffered embarrassing incidents on holiday. (R) 5 News at 9

9.00 50 Shocking Facts About Diet and Exercise Countdown of weight-loss methods, with scientists, industry experts and exponents explaining the pros and cons of fad diets, "healthy" foods and extreme exercise regimens. Part of Supersize Night. (R)

11.00 Fat for Cash Three women making money by appealing to men who prefer the larger form. (R)

12.00 SuperCasino. **3.45** Monster Moves. (R) **3.55** Horse Doctor. (R) **4.45** Great Artists. (R) **5.10** Great Scientists. **5.35** Wildlife SOS. (R)

DIGITAL

BBC Three
7.00 Winter Wipeout **8.00 Film:** Indiana Jones and the Kingdom of the Crystal Skull (2008) **10.00** Russell Howard's Good News **10.30** EastEnders **11.00** Family Guy **11.45** American Dad!

BBC Four
7.00 World News Today **7.30 Film:** Mary Poppins (1964) **9.45** Michael Grade's Stars of the Musical Theatre **10.40** Secret Voices of Hollywood **11.40** Old Jews Telling Jokes

ITV2
4.00 You've Been Framed! Rules Again! **5.00 Film:** Scooby-Doo 2: Monsters Unleashed (2004) **7.00** You've Been Framed! **8.00** Two and a Half Men **9.00** Trinked **10.00** Fake Reaction **10.50** Utterly Outrageous Reality TV Moments 2013 **11.50** Two and a Half Men

ITV3
2.35 Film: The Mirror Crack'd (1980) **4.45** Agatha Christie's Marple **8.00** Murder, She Wrote **9.00** A Touch of Frost **10.00** Wycliffe **11.05** Law & Order: UK

ITV4
3.00 Lonesome Dove **4.00** Tony Adams: Sports Life Stories **6.00** James Cracknell: Sports Life Stories **7.00** Cheers **8.00** Storage Wars **9.00 Film:** Lethal Weapon 2 (1989) **11.20 Film:** Manhunter (1986)

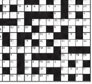
E4
4.00 Rules of Engagement **5.00** How I Met Your Mother **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** How I Met Your Mother **8.00 Film:** Grease (1978) **10.15 Film:** The Final Destination (2009)

Film4
2.45 Lassie (2005) **4.40** The Parent Trap (1998) **7.10** The Spy Next Door (2010) **9.00** The King's Speech (2010) Fact-based drama starring Colin Firth **11.20** Repo Men (2010)

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



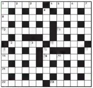
1	14
2	15
3	16 M
4	17
5	18 O
6	19
7	20
8	21
9	22
10	23
11	24
12	25
13	26

Last week's solutions:

N	D	Y	C	Z	F	E	O	P	M	B	A	Q
T	U	R	S	V	K	X	L	I	G	J	W	H

Double Crossword

Choose either quick or cryptic clues



Cryptic Clues:

Across

1 Certainly not out of action (8)
4. Waterways can also lose nothing (7)
9 Thoughtfulness is something to be taken into account (13)
10 How a pet lies when it is penned? (7)
11 Don't let people see there's something wrong (5)
12. A trap put outside a second time (5)
14. A number take a break at the summit (5)
16 Travels afield like hungry sheep? (5)
19 Bird most nobly feathered in part (7)
21 A characteristically calculating type (13)
22. Awkward truths forcibly put forward (6)
23 It's knotted for a milk product? (6)

Down

1 Moves in an unfinished game on board (6)
2. He'll watch your step for you (7 6)
3. Some fine Victorian turn out (5)
5. He won't play at any price (7)
6. Sort of feeling brought on by beastly alcohol? (6 7)
7 Lines for a child rising ten (6)
8. Even turned up it's the same (5)
13. How one may make progress on one's feet (7)
15. Ready to put in a word when required (6)
16. Drinking place not far from home (5)
17 Air a hut (6)
20 It became yours (5)

Quick Clues:

Across

1 Asylum (6)
4. Recommend (6)
9. Letter writer (13)
10. Obliquely (7)
11 Upper air (5)
12. Ethical (5)
14. Thick sweet liquid (5)
18. Guide (5)
19. Fascinate (7)
21 Necessary (13)
22. Cricket team (6)
23 Guard (5)

Down

1 Ethnic (6)
2. Prevalence (13)
3. Inexperienced (5)
5. Thickly (7)
6. Unfailing (13)
7. Wring out (6)
8. Rapidity (5)
13. Public performer (7)
15. Elf (6)
16. Monastic church (5)
17 Sagacious (6)
20. Unproductive (5)

Scribble pad

Last week's solutions:
CRYPTIC Across: 1 Marksmanship 7 Train 8 Chair 9 Ran 10 Malingers 11 Accent 12 Parade 15 Marbly 17 Tra, 18 Nadge 19 Tuber 21 Consideration Down 1 Maltreatment 2 Spa 3 Annah 4 Secondary 5 Irate 6 Cross-examine 7 Toner 10 Man news 13 Aster 14 Slater 16 Radio 20 Bar
QUICK Across 1 Confidential 7 Alive 8 Rear 9 Tot 10 Chairman 11 Recent 12 Stream 15 Adjourned 17 Arc 18 Drift 19 Tacit, 21 Reprehension. Down 1 Countermands, 2 Ill 3 Enwrap 4 Tabulated 5 Avert 6 Transmission 7 Antic 10 Conductor 13 Exact, 14 Snatch, 16 Juice, 20 Can

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?

Last week's solutions:
The letter represented by the question mark is L. Napoleon Cromwell Wolseley all military commanders

Wordsquare

S	T	B
L	N	N
S	E	U

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals foreign words or proper nouns, but verb forms and ng n is are permitted. There is one 9 letter word to be found

How you rate

10 words - average
15 words - good.
20 words - very good,
25 or more - excellent.

Last week's solutions.
ager agate agent, eager aspent angram game gamer garment, garnet gate gear gent, germ gnat gram gran, grant, grate great magenta, magnate magnet, manage manager mange manger marge, rage, sage, rang range regatta tanager target termagant.

Kakuro

Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.
Last week's solutions.

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off

A

		A		
E				
			S	
				N
	R			

B

S	T	E	N	T
H	A	B	E	R
E	R	S	A	I
N	E	R	E	R
D	U	M	B	E

Last week's solutions
Easel Aroma, Solos, Emote Laser

Sudoku

Fill in the grids below so that every column every row and each of the 3x3 boxes contains all the digits from 1 to 9

Simple

	5	4		8		9		
9		8		3			5	
1			5				4	
				5	2	1		
5		9				3	6	
		3	6	7				8
	7		4		3		1	9
3				1		6		5
	9	1		2		4	8	

intermediate

6			2			8		
		8		7	3		9	2
	2				8	6		4
8		2		3				
	3		1		4		2	
						1		6
		3	9				4	
9	5		4	6			8	
		4			7			1

Difficult

4				2			6	1
9				5		2		
	7				3			
		7						
6	2			8			9	4
						3		
	3		1				4	
		5		3				6
8	1			7				3

Last week's solutions >
From top to bottom
Simple, Intermediate, Difficult

Food & Drink

FOLLOW US ON TWITTER @chiherald

Hearty British pub food cooked with passion

Enjoy great food in the charming surroundings of the Horse and Groom, East Ashling

BUILT in the 17th Century, the Horse and Groom in East Ashling has a longstanding reputation as being a popular public house for local residents and passers-by. The pub was bought by current owner, Michael Martell, nearly 20 years ago when it was in serious need of renovation. Since then the pub has undergone considerable refurbishment to maintain and preserve the original front bar of the pub and extend the restaurant to offer more dining space and beautiful bed and breakfast rooms in converted barns surrounding the pub.

Walk into the front bar and you are met by the very friendly team of staff and welcoming pub atmosphere, filled with locals, overnight guests, groups of cyclists, walkers and families enjoying the cosy fires and great choice of ales that have earned them their listing in the Good Beer Guide. Despite being a new visitor to the pub, we were made to feel very welcome by both locals and staff before being shown to our table in the rustic dining area. The atmosphere is very homely and relaxed with wooden dining tables, flagstone flooring, open fires and other carefully refurbished original features.

Food and Restaurant Review

Portion size: Generous
Service: Friendly and efficient
Value for Money: Very reasonable
Ambiance: Cosy and welcoming

The menu is quintessentially British offering simple but very well cooked dishes to cater for every taste with regularly changing specials and a wide menu choice. To start, we had the deep fried camembert – a generous portion of deep fried camembert with a golden bread crumb shell served warm with a perfectly melted centre on a bed of sweet and tangy redcurrant coulis.

The choice of pub classics for main course includes steak and Guinness pie, lamb cutlets with braised shallots, home-made lasagne as well as a varied fish, seafood and vegetarian menu. The succulent baked breast of chicken comes highly recommended. Served with a grain mustard, onion, mushroom and honey sauce with winter vegetables and new potatoes, it offers a hearty main course packed with delicious flavour.

For pudding, there is a choice of perfected and regularly changing pub classics including homemade fruit tarts, delicious homemade crumble, locally sourced ice cream, chocolate sponge and a selection of cheeses.

Whether it's for a pub lunch after a walk in the downs, meeting up with friends and family or a cosy dinner and overnight stay in their converted barn accommodation, the Horse and Groom offers a cosy and inviting atmosphere for all at reasonable prices.

To book your table or enquire about their Christmas menu and group booking offers, contact Michael and Michelle on 01243 575339. As well as their standard bar and Christmas menus, the pub is also providing entertainment on Christmas Eve, New Year's Eve as well as a Burns Night in January.

The Horse and Groom, East Ashling, Chichester, West Sussex, PO18 9AX. Tel: 01243 575339 www.thehorseandgroomchichester.co.uk

Let us know what you think @Chiherald

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CROWNANDANCHOR@YOUNGS.CO.UK

#BeMyBestie

Purchase any 2 main courses and the cost of the lower priced dish will be deducted from your bill!

Owned by Young's brewery, the Crown and Anchor is offering a fantastic January offer #BeMyBestie. When you purchase any 2 main courses throughout January (New Years Day not included) the cost of the lower priced dish will be deducted from your bill upon presentation of the voucher. Vouchers can be found on all tables at the pub, on Twitter @CrownDellQuay and will also be featured in the Chichester Herald

How good are Cranberries?

Denise Kelly

Naturopath Nutritional Therapist

CRANBERRIES are in season (I just bought a pack today!), and though they're a little tart to eat alone, finding ways to enjoy them (and their juice!) is so good for your health. Cranberries are good for a zillion different things.

• Urinary Tract Health: Studies show that women who drink cranberry juice are less likely to develop urinary tract infections. For example, 8-oz of cranberry juice cocktail can prevent E. Coli from adhering to the wall of the bladder.

• Antioxidants: Cranberries contain more disease-fighting antioxidant phenols than 19 other common fruits and vegetables.

• Gastrointestinal Health: Cranberry has been found to inhibit some food-borne bacteria from attaching to the mucosal lining of the digestive tract. Cranberry juice prevents the common bacteria responsible for many stomach ulcers, helicobacter pylori, from adhering to the gastric wall.

• Cholesterol Health: Studies have shown that cranberries decrease risk of heart/cardiovascular disease.

Cranberries are also called "bounceberries" because they bounce when ripe and are one of only three fruits (the blueberry, the concord grape and the cranberry) that can trace their roots to North American soil!

These wonder berries are high in vitamin C, and have antioxidant and antibacterial effects in the body as well as being a rich source of the flavanoid quercetin which can inhibit the development of both breast and colon cancers. They have also been found to decrease production of cavity and plaque producing bacteria in your mouth, preventing gum disease. However, cranberries are especially beneficial to the eyes, as they have been shown to significantly improve symptoms of cataracts, macular degeneration, and diabetic retinopathy.

So what should we do with these little beauties?

1. Throw a handful through your juicer as they add lots of antioxidants and a nice zingy flavor to fresh juice (and awesome pink color).
2. Juice and add to a healthy Christmas cocktail. (And I don't mean Vodka.)
3. Put them in cookies/biscuits in place of chocolate chips.
4. Make cranberry muffins.
5. Whip up a batch of cranberry pancakes.
6. Floss your teeth with them (not kidding).
7. Make low sugar cranberry sauce.
8. Blend up a cranberry smoothie.

But just remember... The health benefits of cranberries are almost totally depleted when generous amounts of sugar are in the mix! The cranberry cannot provide you with its full phytonutrient benefits when there has been lots of sugar added. Sorry to be such a killjoy, but try and keep it as pure as possible of you want the greatest benefits.

Thank-you!

I would love to take this opportunity to say thank you to everyone who reads my column each week and takes the time to e-mail me with your comments (good or bad!). I get so much positive feedback and I love sharing my views with you all. I hope it helps! For me personally it has been quite a tough year with many life-changing events but work has gone from strength to strength so I feel very blessed in many ways.

I have big plans for the New Year which is very exciting and I hope you all do too. Make it count and don't be stagnant!

Whatever you are doing this Christmas and New Year have a wonderful happy loving and healthy time! Add some of the good stuff in and you will have less to do in the New Year!

May 2014 make all your wishes come true!

Best Wishes

Denise X

For a full consultation and Asyra Medical Test with Denise and to find out just what's going on in your body please contact her on info@denisekelly.co.uk or 01243 528848.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organizations and has a private practice in Chichester West Sussex. @DkNutrition

Wishing all our members a very happy Christmas from all of us at Nuffield Health Club Chichester.

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MUSIC THROUGH THE DECADES TRIBUTE NIGHT

11|1|14

In support of

Mind, Alzheimer's Society
Judith Adams Centre Chichester
The Chestnuts Centre Bognor Regis

PATSY CLINE ✷ FRANK SINATRA ✷ CONNIE FRANCIS

Saturday 11th January 2014
7:30pm till Midnight

Venue
Riverside Caravan Park,
Shripney Road, Bognor Regis

Tel: 01243 865823

Admission by Ticket
available from
Judith Adams Centre,
The Chestnuts Centre
and Riverside Caravan Park

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The top family Christmas activities revealed

FOR MANY families a visit to Santa's grotto is a big part of the magic of Christmas – and this year is no exception. Most parents of children aged 12 or under are planning to take their kids to see Father Christmas – making it by far the most popular Christmas themed activity.

But, a trip to see the big man doesn't come cheap. Parents said that, on average, they spent around £11 per child on a visit to Santa, but a good number had spent considerably more. Nearly a quarter (24%) of those surveyed said they had paid between £11 and £20, while 12% had spent over £20 per child.

The new survey, commissioned by Gocompare.com, questioned parents on their plans for Christmas themed trips and entertainment. On average, parents said that they expected to pay-out £44.55 per child on a range of Christmassy activities, which in addition to seeing Santa, include watching the switching on of Christmas lights, a trip to the Panto or cinema and visiting a 'Winter Wonderland' type of attraction.

Top family Christmas activities %

- A visit to Santa 60
- Watch the switch on of Christmas lights 22
- A trip to the Pantomime 22
- A trip to the cinema to watch a Christmas movie 18
- A visit to a 'Winter Wonderland' type of attraction 18
- A traditional carol concert 15
- Winter sports activities (ice skating, skiing, tobogganing, sledging) 13
- A Christingle church service 13
- A religious service 12
- A trip on the Santa Express train 8
- A visit to a Christmas market abroad 4
- A trip to London to watch a West End show 4
- A trip to see Santa in Lapland 3

Commenting on the research, Claire Peate, customer insight manager from Gocompare.com, said, "Christmas is traditionally a time of year when families get together to spend time with each other but, as our survey shows, it is also peak time for businesses to sell us Christmas experiences – from Winter Wonderlands and festive ice-skating rinks to visiting Santa 'at home' in Lapland.

"While as parents, we all want to our children to have a magical Christmas, the cost of Christmas presents, treats and activities can quickly mount up. As a result, it might be wise to consider agreeing a budget for Christmas treats so that spending doesn't get out of control."

Couples' money secrets pose a risk to their financial futures

COUPLES are risking their financial futures by hiding savings, investments, debts and even income from one another, according to new research from Prudential.

The survey analysing attitudes to money and retirement planning among couples aged over 40 found that more than one in five (22 per cent) people in a relationship put the couple's comfortable retirement at risk by keeping debts, worth an average of £7,800, concealed from their other halves.

When asked how these hidden debts arose, just under half (48 per cent) of respondents said that they had borrowed to cover every day living costs, while a third (34 per cent) ran up debts through overspending due to an emotional event such as the break up of a previous relationship. A further 26 per cent had borrowed money to make payments to an ex partner, for example for child support.

Additionally, one in four (26 per cent) of those surveyed admitted to keeping a stash of money secret from their partner, with an average secret savings pot of £4,000. A fifth (20 per cent) say their secret stash is to pay for something specific in the future such as a car or a dream holiday, while 22 per cent are keeping their money hidden to help fund their retirement.

And it's not just savings and debts that couples hide from each other – 13 per cent have never told their partner what they earn while one in ten (10 per cent) claim their partner has a false impression of their earnings, evenly split between overestimating and underestimating. Around two-fifths (38 per cent) of those who do not tell the whole truth about their income say their basic salary is higher than their partner thinks it is, while 31 per cent have received at least one bonus payment that they kept quiet from their partner. A further 31 per cent do not disclose additional income earned through overtime or 'cash in hand' work.

Vince Smith Hughes, retirement expert at Prudential, commented: "Many people may have perfectly valid reasons for keeping a stash of savings or personal debts secret from their other halves. However, these financial secrets could pose a serious risk to a couple's future retirement income.

"For example, if a couple reach retirement with savings that are secret from one another they may have missed out on years of tax relief that they would have been entitled to if the money had been invested in a pension. Meanwhile, making repayments in retirement on an unexpected debt will have an obviously negative impact on a couple's income.

"Having these potentially awkward conversations so that both partners get a full understanding of their joint financial circumstances is an important first step for a couple planning for a comfortable retirement. Independent bodies such as The Pensions Advisory Service and the Money Advice Service can offer valuable information on making the right financial decisions in the run up to retirement. Consulting a financial adviser can also help to make those difficult conversations a little easier."

The reasons given for not coming clean on finances with partners vary. For most, (51 per cent) the main motive for keeping the extra income separate is to maintain independence – however a generous 29 per cent do so to buy gifts for their other half. More than a fifth (22 per cent) of the secret savers say they don't trust their partners' financial decision making, while one in six 16 per cent keep secret funds to protect themselves financially in case of a future split.

Horoscopes

20th December – 2nd January
Horoscopes from Kimi

Aries 21 March – 20 April

Things are about to happen that could bring more stability and tranquility into your life. There could be career opportunities opening up. Investments paying out or you may receive great gift this Christmas. The security this financial improvement brings will act as a catalyst for an improvement in your well being and personal relationships.

Taurus 21 April – 21 May

You are wondering whether or not you have made the right decision, you should trust in your own judgment more things may well turn out better than you anticipated. There is the possibility of a disagreement or even quarrel with your nearest and dearest. But with Christmas round the corner think, is it worth it?

Gemini 22 May – 21 June

At one time you thought you were mad to have those suspicions. But a declaration made this week or a secret unveiled will confirm them. So rather than a gasp of shock you will breathe a sigh of relief. Try to enjoy yourself over the festive period and leave issues to the new year.

Cancer 22 June – 22 July

You will find it difficult this week because you know a firm decision has to be made and you are fearful of making the wrong one. Don't despair the solution is right under your nose. Whether it's life changing, or whether to have turkey or goose, trust in your intuition.

Leo 23 July – 22 Aug

Your emotions are running high this week with the hectic nature of the festive period and you find yourself reminiscing about past times and loves. So much of what is happening now seems a replay of then. Be careful, very careful. There's a hint of rose coloured glasses here. Ask yourself was it really that good?

Virgo 23 Aug – 23 Sept

Have you heard of the hair shirt? Well you don't have to wear it. You're not the only one who can fix things and you have more choices than you think. Be open to lover, friends, family and colleagues they need you as much as you need them. And everyone is in a loving mood this Christmas, so never fear!

Libra 24 Sept – 23 Oct

That person at work you had your suspicions about and thought might be duplicitous, you're right they are. But they are also cunning so extra caution is needed to tackle this! Get everyone onside before you expose them. Travel and entertainment are forecast so focus on the trip to see friends and family first and foremost.

Scorpio 24 Oct – 22 Nov

Don't get involved in petty disagreements at work or home. Remember you can't please all of the people all of the time, and Christmas is full of unachievable expectations. Take control and keep your cool. If successful there is the possibility of satisfaction in both your home and work life!

Sagittarius 23 Nov – 21 Dec

You're good at delivering difficult news or tackling awkward subjects but how good are you at receiving this sort of information? Someone close wishes to air an issue which is, not as yet, a full blown grievance. If you listen openly you may well find that you reach a new understanding which may benefit you both long term.

Capricorn 22 Dec – 20 Jan

Your love life should be taking centre stage anytime soon. If you are single be ready for some surprises this Christmas. Not only will you be shocked by whose interest you have captivated but you will also be stunned at your own response to such a revelation. If you are already taken you are in for some heady romantic days and nights!

Aquarius 21 Jan – 19 Feb

We know you are hard working and sometimes your expectations are difficult for others to live up to. Take a deeper look and you will see that someone is doing their best this Christmas. There are other areas where you can be a little judgmental too. Be careful you may not spot the expression of gratitude, sorrow or apology sincerely given.

Pisces 20 Feb – 20 March

Off with the old and on with the new as they say. Change is on its way. This could be a change of career or location, perhaps to far flung places. Embrace it fully and you will prosper both emotionally and financially. But you'll need to keep loved ones apprised this Christmas of these changes if you are to avoid conflict!

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Travel

New yoga and pilates holiday to Marrakech

YOGA AND PILATES holiday specialist Healthy Options has unveiled a new break to Morocco for spring 2014. Created for those looking for more from a holiday than simply a sun tan, the seven night Marrakech itinerary offers a flexible range of activities and cultural experiences, enabling clients to create a tailor made trip that best suits their personal requirements.

Available for six consecutive weeks from 22 February (departing on a Saturday), the holidays are suitable for singles, couples and groups, the young and the young at heart. Healthy Options' three highly experienced, professional yoga and Pilates teachers will be on hand throughout, plus one local teacher – offering expert tuition and advice in small group classes aimed at both the beginner and intermediate – whilst active travellers can test their fitness on a series of organised walks, runs and circuits.

It's not all about exercise, though. Guests are encouraged to dip in and out of the classes as they wish, and can decide on a day-by-day basis how active or relaxed they want their experience to be. Take time out for meditation, relax in the hotel's roof garden terrace with delightful views towards the Koutoubia Minaret and the Atlas Mountains – or explore Marrakech and its many cultural sites, picking up souvenirs in the city's traditional souks or modern shopping areas. Healthy Options has also arranged a number of guided trips for clients wishing to see as much as possible of the city and its surrounding area, including a visit to the Artisanal centre and to the breathtaking Ourika Valley.

The holiday is based at one of the most beautiful riads in the Medina, Dar Justo – a haven of tranquillity, yet just a short walk away from to the vibrant buzz of the old city. Owned by the renowned artist, Justo Almendros, the 15th century property has just 22 rooms and offers a boutique hotel experience, successfully blending tradition and modernity whilst using sustainable resources wherever possible, including solar energy for water heating. The famous Le Bain Bleu spa can also be found at the hotel, where guests will receive a complimentary hammam experience during their stay.

A seven night trip costs from just £905 pp (two sharing) including British Airways flights (Gatwick) to Marrakech, seven nights' B&B, some other meals, up to 20 yoga and 10 Pilates classes, fitness sessions and optional cultural tours. It is available for a limited time only, the first departure leaving the UK on 22 February 2014, and the last on 5 April 2014.

For full booking information and prices, visit morocco.healthy-options.co.uk

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Careless company drivers responsible for 40% of accidents

CARELESS company drivers were responsible for 40 per cent of all accidents involving a company vehicle last year, according to new figures from *Lex Autolease*, the UK's largest provider of fleet management solutions

The data, which was based on an analysis of Lex Autolease's accident management fleet of 120,000 vehicles, revealed that company drivers were involved in 43,293 accidents last year and were 'at fault' in more than 18,000 cases

Almost one in five accidents were caused by a company driver colliding with an immobile object such as a bridge a building or a wall and 22 per cent were the result of company drivers hitting a third party vehicle Despite the high frequency of accidents, just two per cent involved collisions with pedestrians, cyclists or animals

The average cost of each 'at fault' claim including repair costs, third party liabilities and rental costs for replacement vehicles was £1,033, meaning that Lex Autolease customers paid out more than £18.6m due to poor driving by their employees

Richard Harper, Head of Accident Services at Lex Autolease said "Although the average cost of each accident is just over £1,000, the true cost to businesses is significantly higher. Following an accident a company vehicle can be off the road for more than a week, causing immeasurable disruption and inconvenience

"The fact that company drivers were responsible for 40 per cent of accidents last year suggests that businesses need to do more to raise standards and eradicate poor driving behaviour. The need to address this problem is more acute at this time of year following the end of British Summer Time

"The starting point for businesses is to understand why accidents occur. Once they have this information they can take steps to reduce collisions such as driver training programmes, assessing time and work pressures on their drivers and eliminating unnecessary journeys."

One in six drivers 'bump parks' their car

BRITISH MOTORISTS are facing a £1bn repair bill every year as a result of parking incidents and 'bump parking' Almost one in six (16 per cent) drivers admit to regularly 'bump parking,' allowing their car to knock into other parked vehicles or the curb when getting into or out of parking spaces

New research from Churchill Car Insurance highlights that haphazard parking is a widespread and costly problem, with 16 per cent of drivers admitting they damaged their car or another driver's vehicle whilst attempting to park in the last year alone Of those who footed the bill for the damage themselves, the average repair bill was £328

The findings indicate that some motorists are so uncomfortable navigating their vehicle into a space they even actively avoid some of the most common parking situations One in five (20 per cent) drivers say they avoid parallel parking when possible, whilst 17per cent also avoid parking their vehicle if another driver is watching Eleven per cent of motorists avoid parking in multi storey car parks and a further eight per cent avoid parking when it's dark.

The study also found that many motorists have flouted parking restrictions to park in 'easier' spaces within the past year.

- 10 per cent have parked in parent and child spaces when they haven't got a child
- Nine per cent have parked on double yellow lines
- Six per cent have parked in the middle of two spaces
- Five per cent have parked in a marked disabled bay without having a blue badge

Steve Barrett, head of Churchill Car Insurance, said, "It could be down to a lack of confidence behind the wheel, or it could be that cars have got bigger and roads have become more congested, but for some reason motorists seem to be struggling with parking their cars. So-called 'bump parking' might seem easier at the time, but if it results in some damage to their car, motorists could end up counting the cost later."

The likelihood and cost of damage from parking incidents and 'bump parking' is substantially higher amongst younger drivers, with a quarter (25 per cent) of those aged 18 – 34 admitting to 'bump parking' A further 20 per cent say they have damaged their car or another driver's vehicle whilst parking in the past year

Drivers in the capital are also at greater risk of damage caused by bad parking, with 20 per cent 'bump parking', and a quarter (25 per cent) causing damage to a vehicle whilst attempting to park in the past year compared with 16 per cent in the rest of the country

Bump Parking Regional Breakdown

Region % of drivers who are 'bump parkers'

- London 20%
- Yorks & Humber 25%
- North West 17%
- West Midlands 18%
- East of England 15%
- South West 14%
- Scotland 11%
- Wales 12%
- East Midlands 13%
- South East 12%
- North East 13%

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Sport

Football

City takes impressive point at home

Saturday 14 December 2013
Sussex County League Division One
Chichester City 2 - 2 Horsham YMCA

HAVING PREVIOUSLY gained a draw against Hassocks, Chichester picked up a further useful point against one of the top sides in County Division One with a 2-2 scoreline at home to Horsham YMCA on Saturday.

On a very heavy pitch, opponents YM took time to get going but gradually began to turn the screw. A dangerous free-kick from Dan Sullivan on 25 minutes skimmed across the goalmouth before Brad Curtis opened the scoring 10 minutes later, producing a speedy run down the right and rifling an unstoppable shot into the net.

But it didn't take long to for the equaliser to arrive. The ball was over-cautiously headed out for a City corner on 41 minutes and Morgan Forry's delivery was headed in by left-back Gareth Sanashee.

YM continued to cause problems after the break. On 55 minutes, a Liam Hunter free-kick was half cleared and Curtis' powerful rebound shot needed an excellent save from Anthony Ender.

And 4 minutes later City were made to pay for again not clearing away the ball, when a YM corner led to a drilled shot from Martin Smith on the edge of the penalty box that took a deflection off a defender on its way into the goal.

Both Alex Ansa and George Landas netted for Chichester, but both were ruled out by the officials.

Then, with 16 minutes remaining came the equaliser. Landas unleashed an epic 40-yard solo run down the right, cutting in perfectly before firing a beauty into the far corner of the net.

Chichester had a chance to claim a winning goal late on when Forry broke through, but the winger was brought down heavily and an advantage played by the referee came to nothing.

City: Ender, Heath, Sanashee, Boniface, Hibbert, Cody, F Smith, Killner, Landas, Ansa, Forry. Sub: Croom.

City battle back to claim win

Sunday 15 December 2013
South West Combination League 2013-2014
Newquay 2 - 4 Chichester City

FOR THE ladies final game of 2013 they made the long journey to play against Newquay. Everyone knew that a win would see them cement a place at the top of the table going into the Christmas.

Chichester got off to the worst possible start, conceding two goals in the first 12 minutes. The visitors began to see how other teams had slipped up against the home side. Going two goals down seemed to spark the green army into life and with passes becoming sharper and more tackles being won. Despite their renewed vigour Chichester couldn't create any clear cut chances with the wind playing its part in preventing them playing forward quickly. It was vital that the deficit was reduced by half time and when Fowle played a first time ball into space Ambler beat her defender for pace to leave her with only the 'keeper to beat. Chichester knew they had found their lifeline. Ambler placed the ball into the net giving even more belief to the visitors.

Manager Matt Wright made two changes at half time, introducing Symonds and Cheshire, which also resulted in a slight change of tactics. Shrubb entered the fray later on meaning that the visitors were now playing with three up front. The forced substitution paid off almost immediately when Shrubb was put though on goal, her effort was saved however from the rebound the tireless Ambler challenged the goalkeeper for the loose ball and sent it crashing into the net.

Chichester took the lead when a free kick from 20 yards was perfectly dispatched over the wall and into the top corner by Wride.

Newquay then missed a penalty as the green army continued to look for another goal that would put the tie beyond the hosts. With Chalfen and Fowle combining well down the left Chichester won another free kick in an almost identical location to the one that saw them take the lead. Again Wride put herself forward to take the kick. This time the 'keeper appeared to misjudge the flight of the ball as it looped over her and into the net.

The win sees the ladies two points clear at the top of the table with a game in hand on Swindon in second place going into the Christmas break. The green army return to action on 5 January with an away tie against Shanklin KO 14 00.

Straight from the commentary box

Albion can challenge right at the top next year

YES Christmas is coming and there is a sense of anticipation ahead of the big day. Of course in football everyone mentions the "busy Christmas period". Albion is looking very healthy with winnable games to come. The days in between Christmas and New Year also marks the half way mark in the season so not a bad time to assess the runners and riders.

Three teams, QPR, Leicester and Burnley, remain the front runners having opened up a small gap but all 3 have shown weaknesses. Albion's record against the top trio is 7 from 9 points, with 2 wins at home. It has been quite rare for anyone to steam away in recent years. Reading were probably the exception.

Former Albion striker Steve Claridge said that the Seagulls should be there or thereabouts this week. I wouldn't argue but for me it's a question now of whether the top two places are achievable. Oscar Garcia's side have established consistency, the one ingredient necessary. However, there will be some huge clashes still to come in the second half of the season.

Derby is the form side with 6 wins from 6. Forest are still in the thick of it. Leeds will continue to improve under Brian McDermott. Blackpool are stubborn and refuse to lie down. Watford looked good but have faltered and now begin a new era under another foreign manager. Reading and Birmingham are both in good form and Wigan could still come through the pack.

The heart says Albion can challenge right at the top, the head says it's a battle for the play-offs. A winning bet seems as tough to call now as at the beginning of the campaign. I'll wager it will be as tight when we're sinking cold ones in the sun, as when you sit down to tuck into your Christmas turkey.

Enjoy the festive period, all the best for 2014. JC

Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	16	44
2	LITTLEHAMPTON TOWN	18	35
3	HORSHAM YMCA	18	34
4	HASSOCKS	18	34
5	EAST GRINSTEAD TOWN	17	31
6	CROWBOROUGH ATHLETIC	18	30
7	LINGFIELD	17	28
8	DORKING WANDERERS	18	26
9	SELSEY	17	28
10	NEWHAVEN	18	25
11	PAGHAM	18	23
12	ST FRANCIS RANGERS	17	21
13	CHICHESTER CITY	18	21
14	RYE UNITED	16	20
15	SHOREHAM	16	19
16	RINGMER	17	19
17	LANCING	17	19
18	ARUNDEL	17	14
19	HAILSHAM TOWN	18	10
20	WORTHING UNITED	17	4

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	16	41
2	LOXWOOD	17	38
3	HAYWARDS HEATH TOWN	18	38
4	LITTLE COMMON	19	33
5	BROADBRIDGE HEATH	16	32
6	STEYNING TOWN	16	27
7	BEXHILL UNITED	18	26
8	MILE OAK	16	*25
9	AFC UCKFIELD	15	22
10	WICK & BARNHAM UNITED	16	22
11	WESTFIELD	16	19
12	OAKWOOD	16	15
13	STORRINGTON	17	14
14	SEAFORD TOWN	16	13
15	MIDHURST & EASEBOURNE	17	12
16	RUSTINGTON	17	11
17	SALTDEAN UNITED	16	7

Division Three

	Team	P	PTS
1	LANGNEY WANDERERS	8	22
2	IFIELD	11	21
3	ROFFEY	10	18
4	FERRING	9	16
5	SIDLESHAM	10	15
6	BILLINGSHURST	11	13
7	HURSTPIERPOINT	10	13
8	ROTTINGDEAN VILLAGE	11	11
9	UCKFIELD TOWN	8	10
10	CLYMPING	10	10
11	SOUTHWICK	10	6

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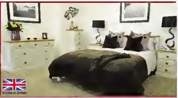

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